Resources


How do I post a photo on Instagram?

To upload a photo or take a new one, first tap 📷 at the bottom of the screen:

- To upload a photo from your phone's library, tap Library at the bottom of the screen and select the photo you'd like to share.
- To take a new photo, tap Photo at the bottom of the screen then tap 📷. You can tap 📷 to switch between front and rear-facing cameras and 📷 to adjust flash.

Once you've taken or uploaded a photo, you can add [effects or filters](https://help.instagram.com/135479870928234), a [caption](https://help.instagram.com/135479870928234) and your location before posting. You can also [post a video](https://help.instagram.com/135479870928234).

Note: You can't take or upload photos from a desktop computer.

How do I share a photo or video to my Instagram story?

To share a photo or video to your story using the Instagram app:

1. Tap 📸 in the top left of your screen or swipe right from anywhere in feed.
2. Tap 📷 at the bottom of the screen to take a photo, or tap and hold to record a video. To choose a photo from your phone's library or gallery, swipe up anywhere on the screen.
3. Tap 🎨, 📜 or 📌 to draw, add text or a sticker to your photo or video. To remove text or a sticker, drag and drop it on 🗑 at the bottom of the screen.
4. When you're ready to share, tap Your Story in the bottom left.

Note: Stories disappear from profile and feed after 24 hours, unless you add them to your profile as [highlights](https://help.instagram.com/135479870928234).