

How to temporarily disable Facebook on computer and phone

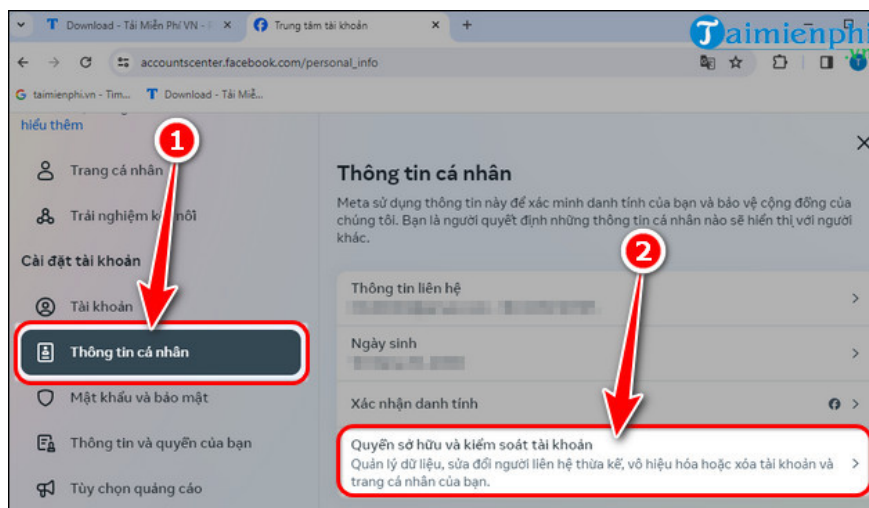
Disabling Facebook is the way many users choose when they want to temporarily stop using Facebook for a while without deleting or completely losing control of their account. You can easily reactivate and use Facebook without worrying about losing data or account settings.

When you **deactivate Facebook**, you're effectively putting a virtual wall around your personal information. All previous messages and activity will still be kept, however, you will appear as an anonymous Facebook user in the system.

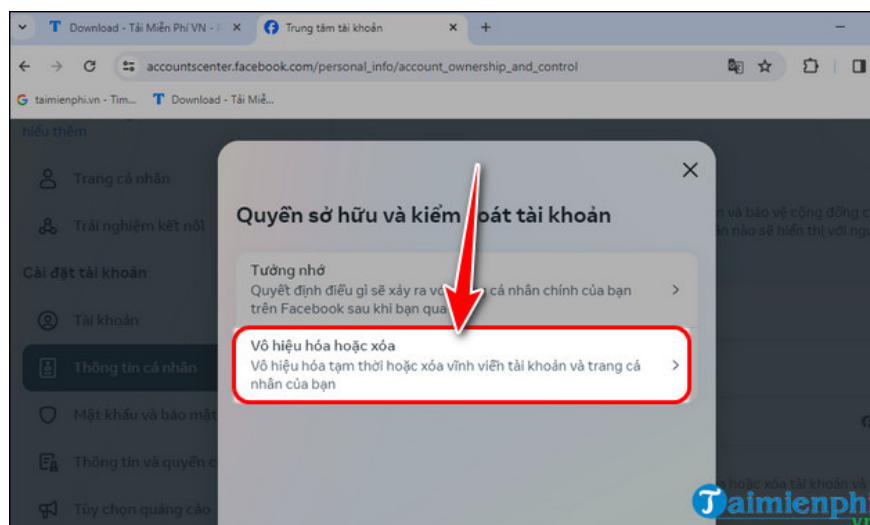
How to disable Facebook account on computer

Step 1: Visit the Facebook Account Center page **HERE** => **Log in** to your account if required.

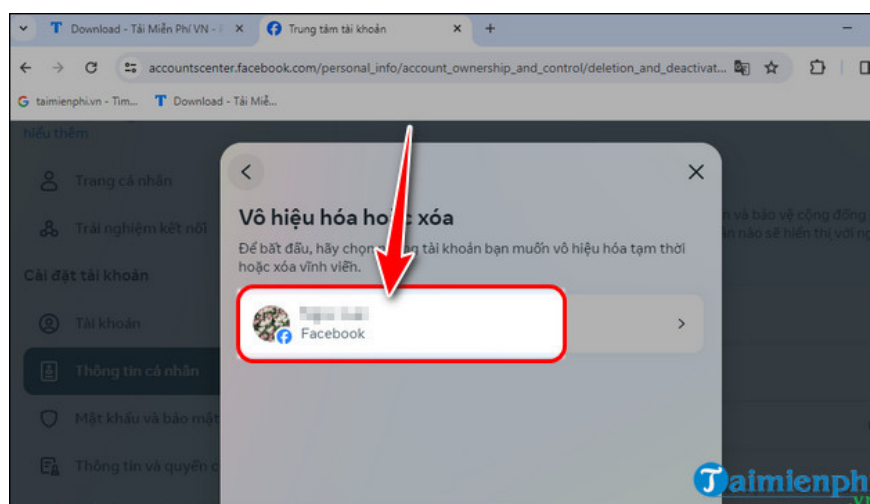
Step 2: Select **Personal information** => Go to **Account ownership and control**.



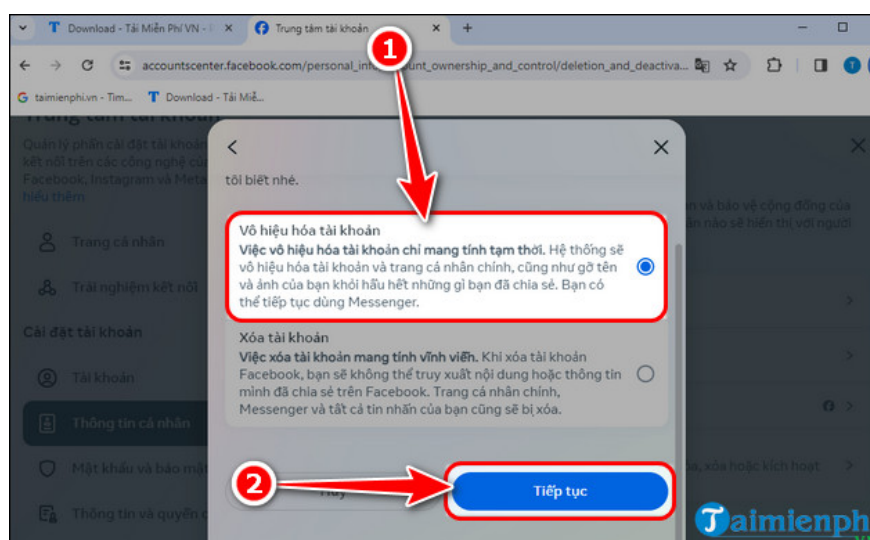
Step 3: Select **Disable or delete**.



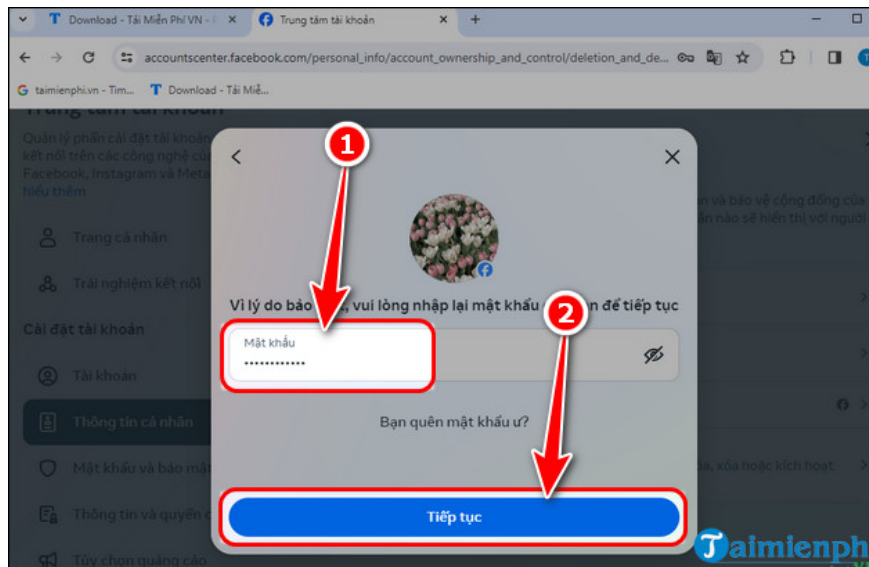
Step 4: Select the Facebook account you want to disable.



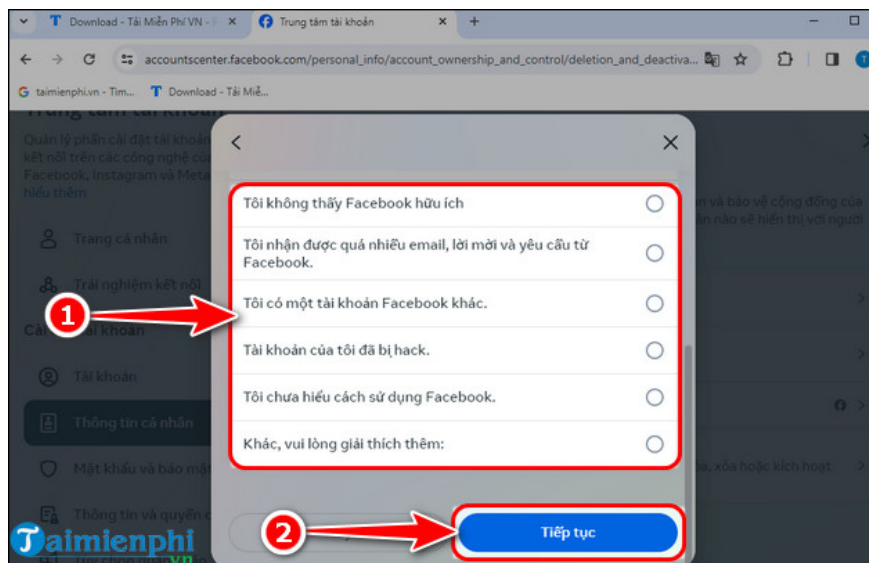
Step 5: Select Deactivate Facebook account => Click Continue.



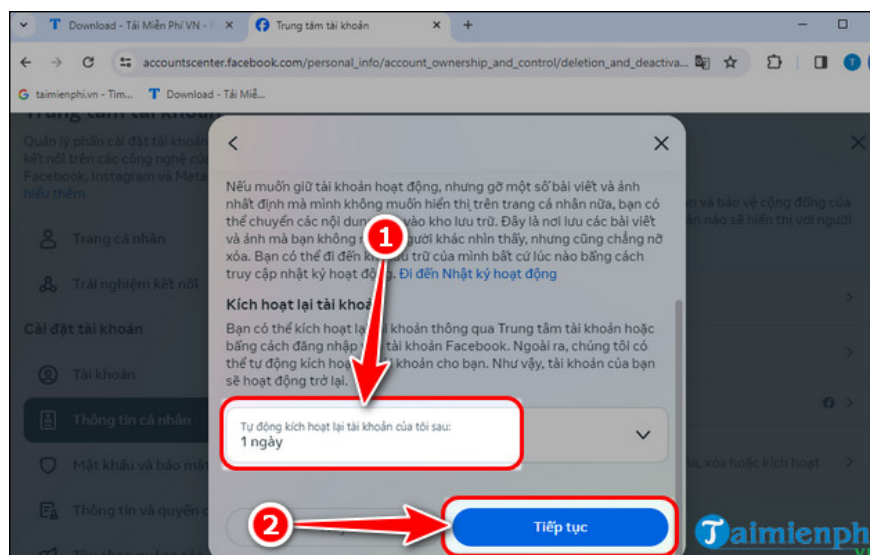
Step 6: Enter your Facebook login **password** => **Click Continue.**



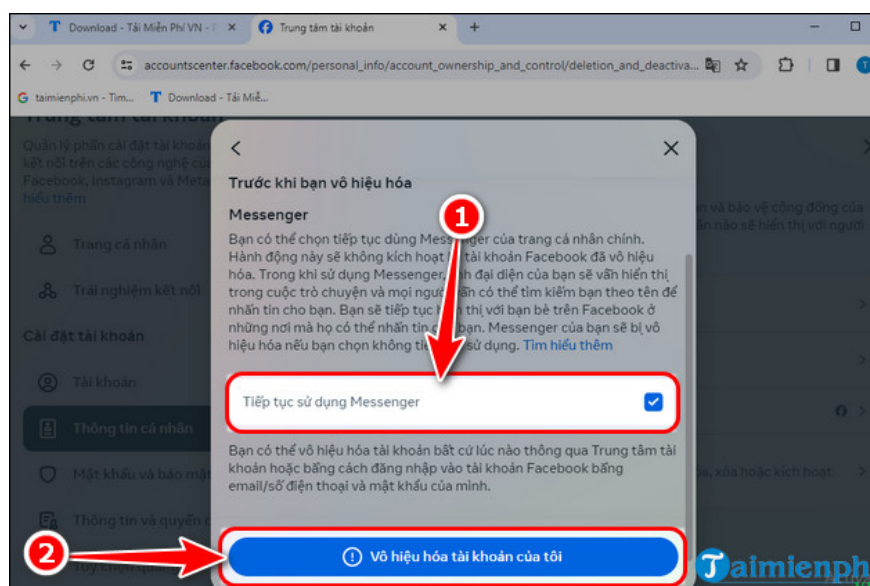
Step 7: Select **the reason** you want to disable Facebook => **Click Continue.**



Step 8: Customize **the date to reactivate** your FB account => **Click Continue.**



Step 9: Option to continue using Messenger if you want => Click **Deactivate my account** to complete locking Facebook on your PC.



Instructions for disabling Facebook on Android and iPhone

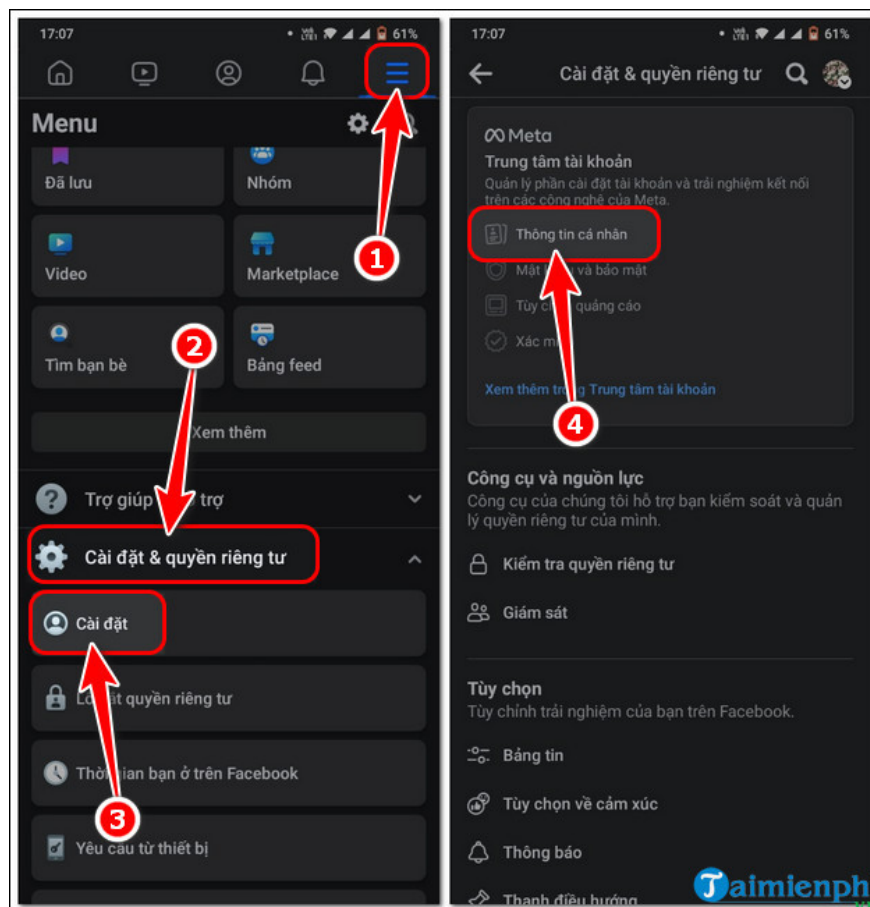
Step 1: Update the **Facebook app** to the latest version on your device according to the link below.

- Link to download Android version: **Facebook for Android**

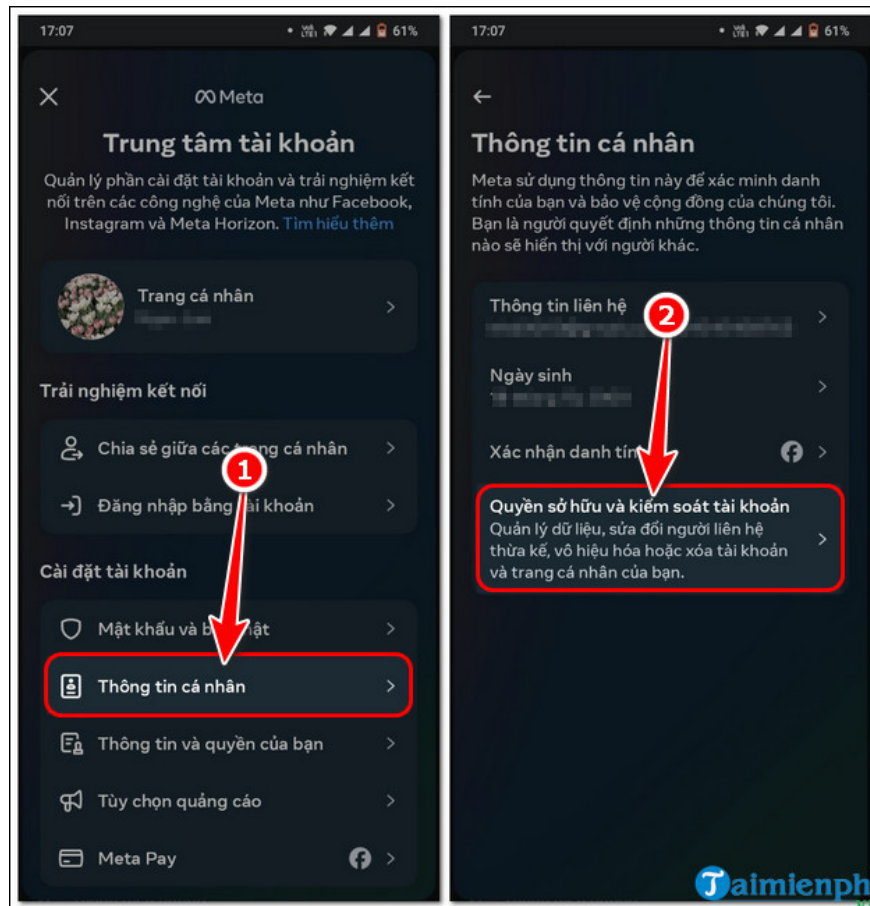
- Link to download iOS version: **Facebook for iPhone**

Step 2: Open Facebook, **log in** to the Facebook account you want to disable.

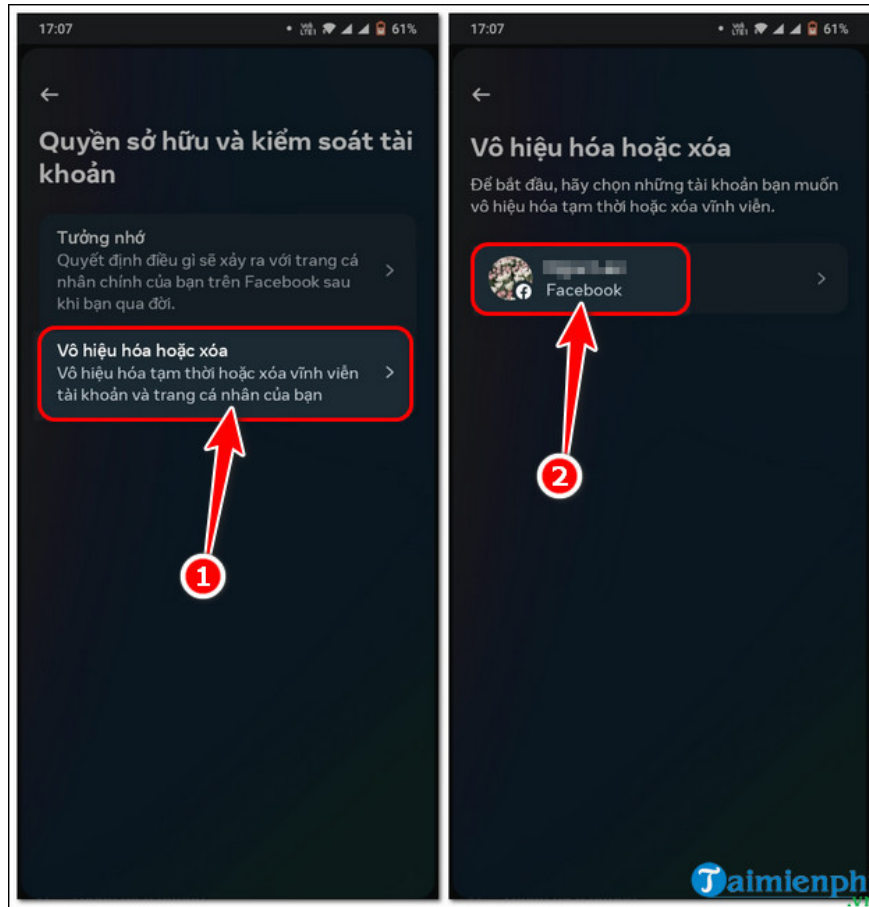
Step 3: Click the **three horizontal bars icon** => Select **Settings and privacy** => Go to **Settings** => Select **Personal information**.



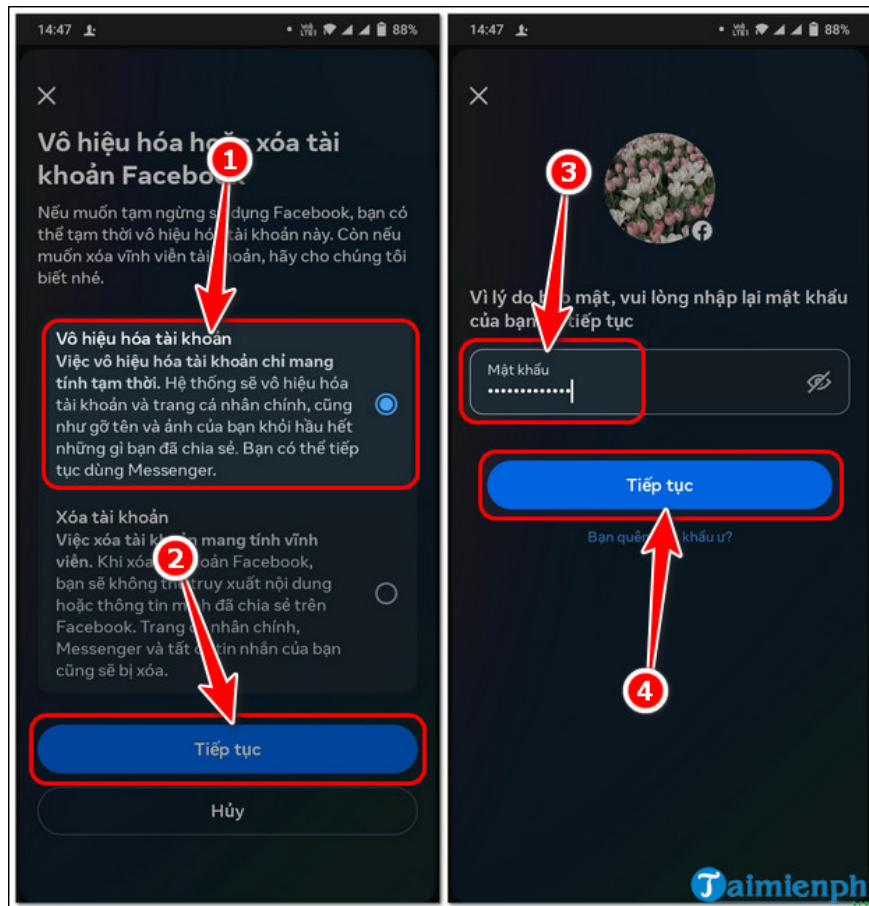
Step 4 : Select **Personal information** => Go to **Account ownership and control** .



Step 5 : Click **Disable or delete** => Select the **FB account** you want to disable.

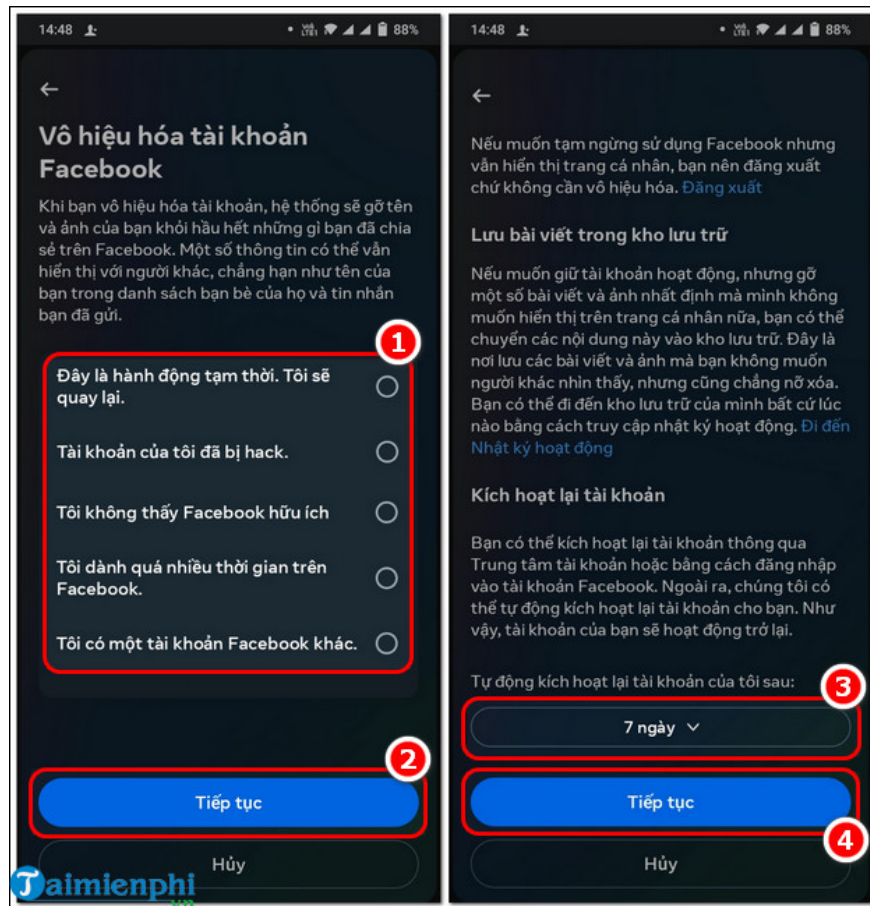


Step 6: Select **Deactivate account** => Click **Continue** => Enter **password** => Click **Continue**.

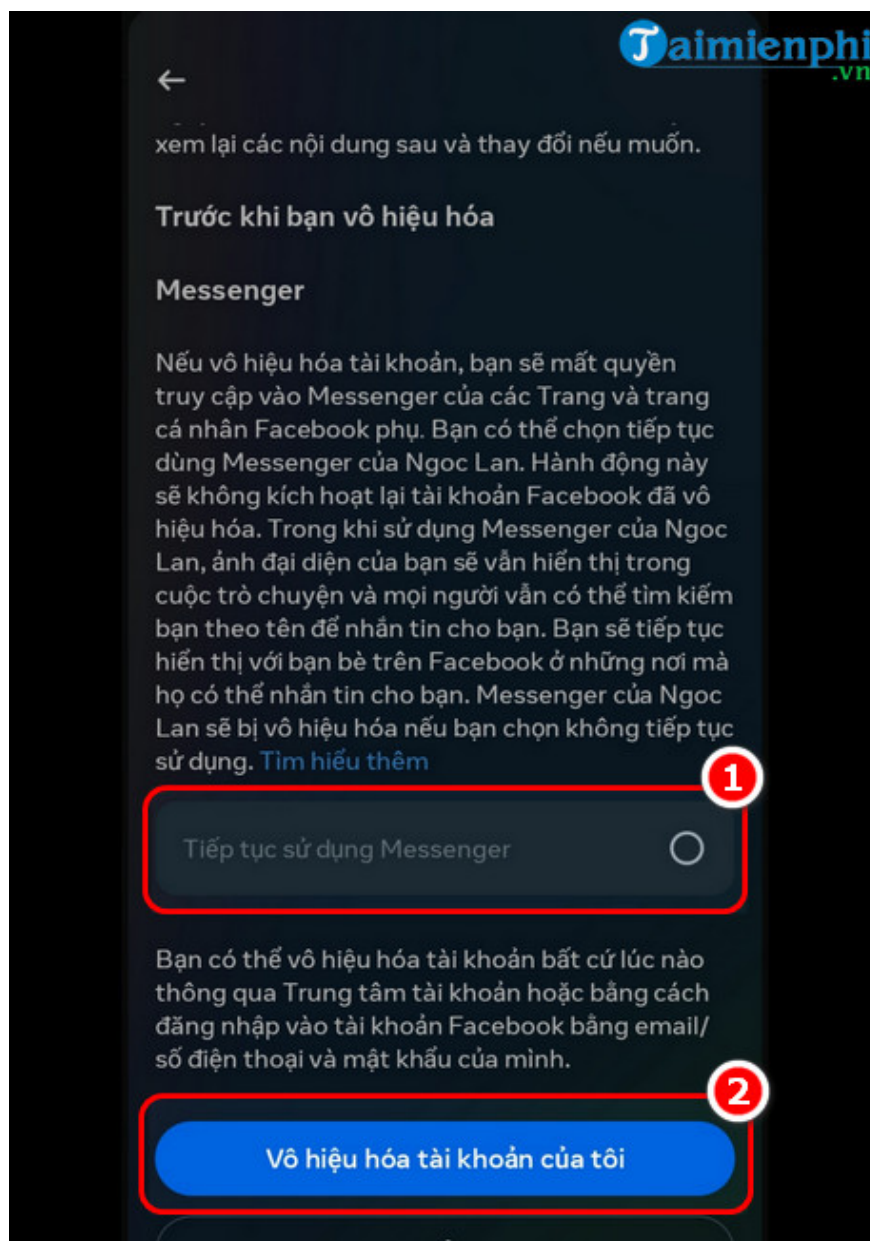


Step 7: Select **the reason** you want to disable your Facebook account => Click **Continue**.

Step 8: Customize account **reactivation date** => Click **Continue**.



Step 9: Select to continue **using Messenger** if you want => Click **Deactivate my account** to complete.



Distinguish between deleting an account and disabling Facebook

Many people often mistakenly believe that deactivating and **deleting a Facebook account** are similar, but in fact this is not true. Specifically:

***Disable Facebook account**

Deactivating a Facebook account is essentially just a way to temporarily stop using Facebook for a certain period of time.

- No one can view your personal page and the FB Fanpage linked to your personal Facebook.
- Users can reactivate their account at any time.
- Messages you sent to friends may still be visible.

- Cannot use FB account to access Oculus information.
- Your posts and comments with the same name will still be displayed in the FB group.

***Delete Facebook account**

Deleting a Facebook account here is understood to mean deleting all user information including account settings, personal information, photos,.

- Cannot access or log in to Facebook after deleting the account.
- All posts, videos, and images will also be deleted when Facebook deletes the account.
- You can cancel your account deletion request within 30 days from the date of request to delete your FB account.
- Friends can still see messages you sent previously.
- User log records will still be stored in Facebook's database, but you will not be able to search or retrieve this information unless you contact Facebook for support.

Hopefully with the sharing on how to disable personal Facebook and FB Fanpage, readers will know another useful feature of FB. Don't forget to refer to some other interesting features of FB on the website such as how **to change Facebook name** by 1 word or tips for blocking tags, tagging posts,. to use FB most effectively.

You finished reading the article "**How to temporarily disable Facebook on computer and phone**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.