Instagram account is hacked, this is all you need to do

It is inevitable that social network accounts like Facebook, Instagram or Twitter are hacked by hackers. If you are in doubt or your Instagram account has been attacked by a hacker, then you can apply some of the tips below to get back your Instagram account.

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How to get back to your Instagram account

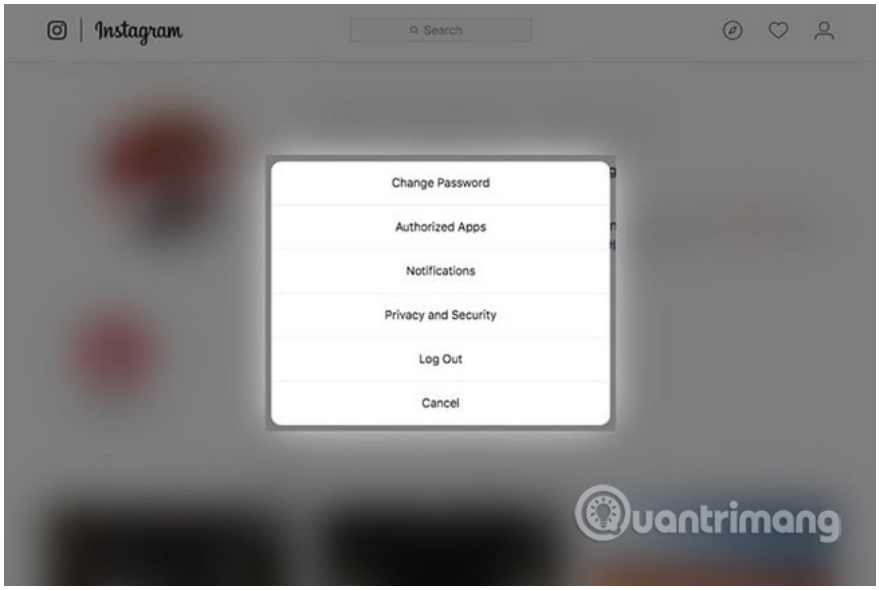
Maybe you have 100 or even 100,000 followers on Instagram, so it's bad when your account is attacked. There are many different types of Instagram hacks. Some hackers post new content to hackers' accounts, while others may change their email address, password and username to completely block you from your account.

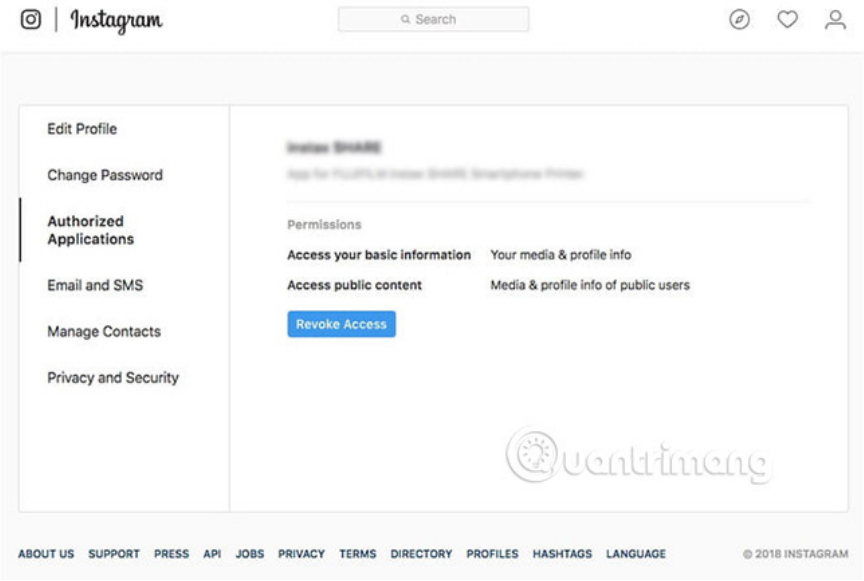
If you are a victim of Instagram hacking, here's what you can do to get your account back.

If you are hacked but still logged in

If someone else posts content to your account but you can still log in normally, there are a few things you can do to make sure you're the only one with access. The first step is to change the password - in the settings or by sending yourself an email to reset the login information.

After you have changed the password, check the third-party access to make sure the black hat hacker does not post from another source. Logging in with your Instagram information from third-party applications allows you to do things like automatically adding Instagram photos to your site, but depending on third-party apps, this may be vulnerable place. Log in to your account on the computer via the Internet browser. On your profile page, click the settings icon (the icon looks like a gear), then click **'Authorized apps'.** On the next page, click **'Revoke access'** in any application you don't recognize. Or, revoke all access rights and redo the authorization process for applications that you actually use.





If you have been hacked and cannot login

When you become a victim of a hacker, he will probably change your password so that you have trouble logging in to your account. On the login page, click on the " **Get help signing in option** " **option** to access the password reset page. You can use the original email or username here.

Verizon 8:19 AM

English (United States) >

Instagram

Phone number, username or email

Password

Forgot password?

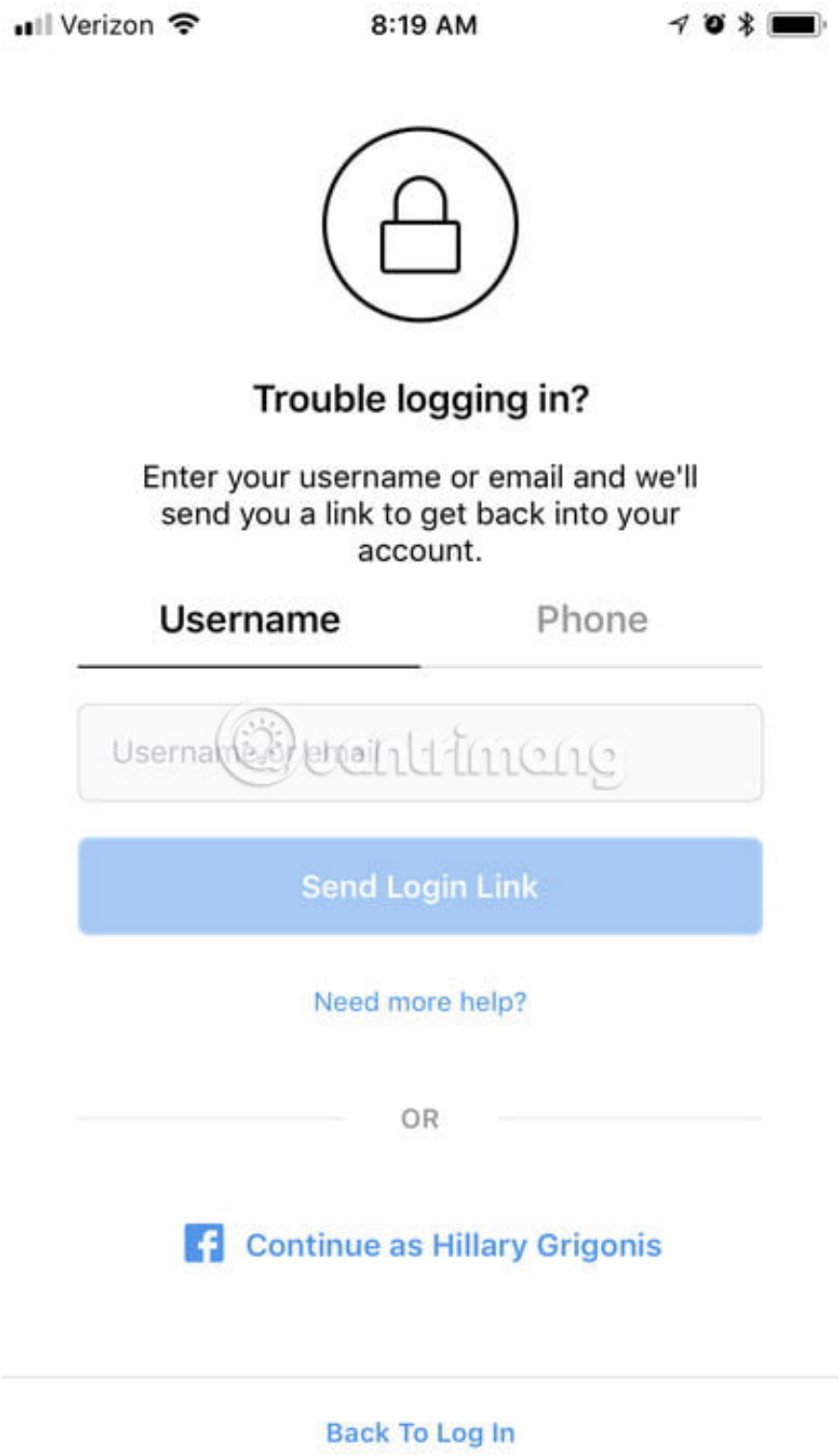
Quantrimang

Login

OR

Continue as Hillary Grigonis

Don't have an account? Sign Up.



This process varies slightly depending on the device you are using. On Android, you need to click the arrow icon at the top right after entering your username or email. On iOS, there is no such arrow and you just need to move on to the next step. Touch " **Need More Help** " and the application will guide you through the rest of the process to recover your account, using an email or username.

What to do when hackers change email addresses?

Most hackers will not only change passwords but will change everything, including the username and email address associated with the account. And if you do not have access to the email associated with the account, you cannot use any of the above methods. (Even if you can, the email address reset password will be sent to the hacker email address).

However, it is not impossible to regain access to hacked Instagram accounts. The first step is to see if you have any new email within the email account that is linked to Instagram. When you or a hacker sends an email change request, you will receive an email from Instagram. Inside this email is a clickable link, if you don't actually request to change your email. Check your spam and recently deleted emails if you can't find it. (Take the picture below as an example).

1:44

All Mail

From: Instagram

To: [redacted]

Hide

Confirm your email address for Instagram

August 2, 2018 at 1:25 PM

Found in Yahoo (jsmittynyc) Inbox

Instagram

Hi [redacted]

You updated your email address to [redacted]. Confirm your email address to continue capturing and sharing your moments with the world.

Confirm Email Address

© Instagram, 1 Hacker Way, Menlo Park, CA 94025

If you didn't change your Instagram email address, reset it in Settings.

Quantimene

If there is an email, that link is the easiest way to regain access to the Instgram account. However, some readers are reporting that hackers also have access to email and delete that message from Instagram. So what happens if you don't receive that email and the hacker has changed all your information?

Instagram has two additional options along with a login help page. First, if you've linked your Instagram account to Facebook, you can use Facebook to change your Instagram email. If you have linked your Facebook page to your Instagram account, you can reset your password with Facebook. On Android, click ' **Get help signing in** ' on the login page. Select the ' **Log in with Facebook option** ' **option** and use your Facebook login to log in to your account. On iOS logged into the Facebook application, click on the link with the Facebook icon indicating **'Continue as'** with your Facebook username. After that, you can go to the settings page to adjust your email and password.

Instagram will also send you a link to get your account back, an option for Android and iOS only works for users who have added phone numbers to their accounts. On the login page, click ' **Get help signing in** ' then tap the **Phone** option and enter the phone number in your Instagram account.

How to keep your Instagram account safe

Regaining access to your account can be a nightmare, especially when hackers change data that is often used to recover accounts. So when you get your account back or before you become a hacker victim, what can you do to keep your Instagram safe?

First, turn on two-factor authentication. Although not 100% successful, this feature is easy to install and can be a major barrier for hackers. On your Instagram profile page, access the settings menu (the icon looks like a gear. On the mobile app, you can find it after touching the three horizontal line menu icon). Inside the setup menu, select **Two-factor authentication** in the **privacy and security options section.** Enable 2-factor authentication for Instagram to receive a confirmation code via message, when you try to sign in with a new device. You will have to add a phone number to your account if you haven't done so already. On the other hand, adding a phone number is another way to recover a hacked account.

Hackers can also easily access your Instagram if they have access to email accounts. So make sure both Instagram and your email have strong (and not the same) passwords. Regularly changing passwords and only authorizing third-party applications that you absolutely trust or need are also considerations. For details, please proceed to the next section.

Things to do after retrieving the hacked account

1. Email using create Instagram account

First use this free tool to find the exposed password, credit card password, bank card . in the email account you use to create your Instagram account.

The tool will help you stay safe by eliminating your important personal data to prevent hackers from "attacking" your inbox, and they won't collect any important information. Any weight.

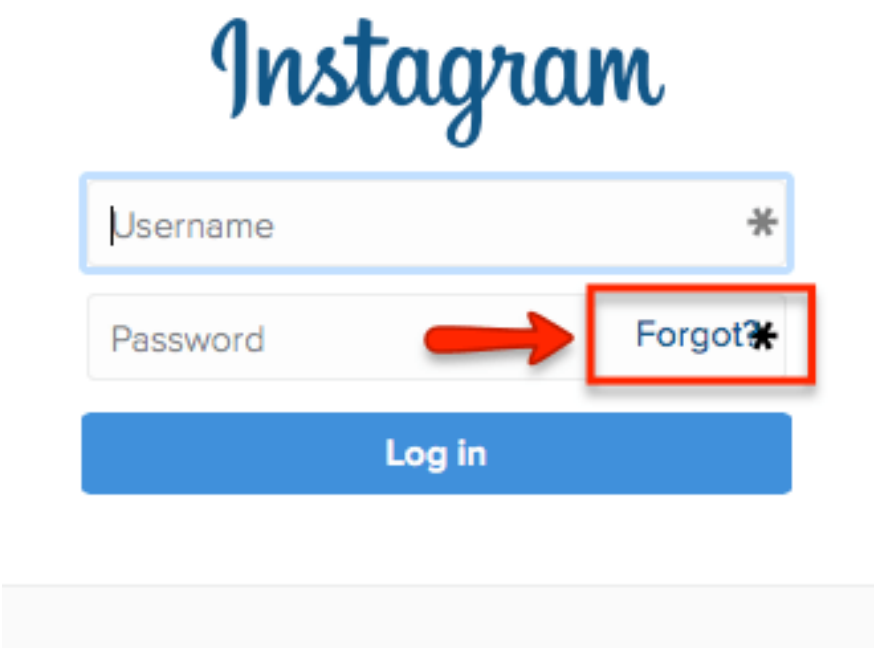
In addition, the tool allows you to notify friends, senders or recipients of dangerous emails so they can delete those emails.

After you've "managed" your email, you can resolve your hacked Instagram account.

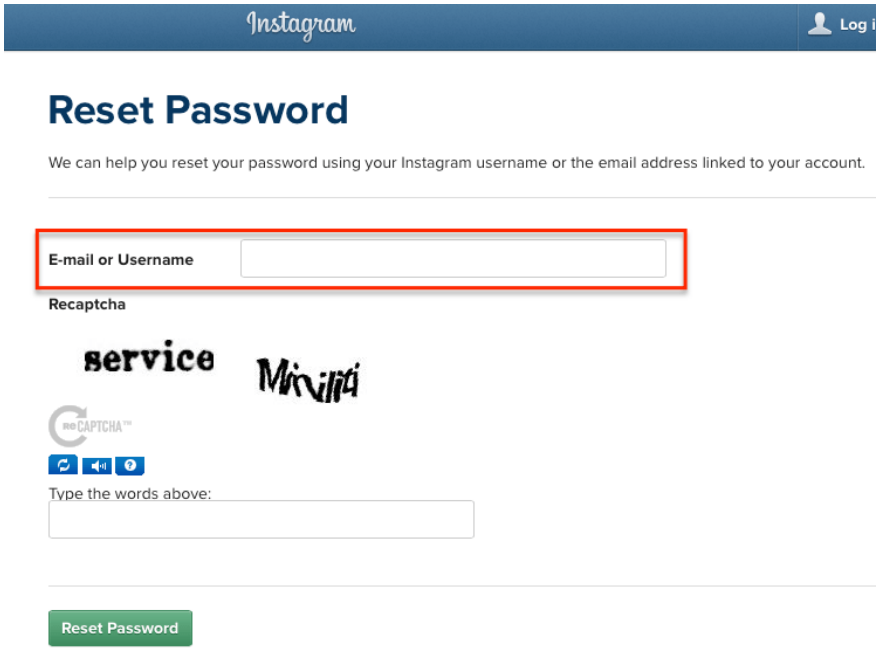
2. Report to Instagram

If you can't access your Instagram account, you can use the email account you use to create an Instagram account to reset your password.

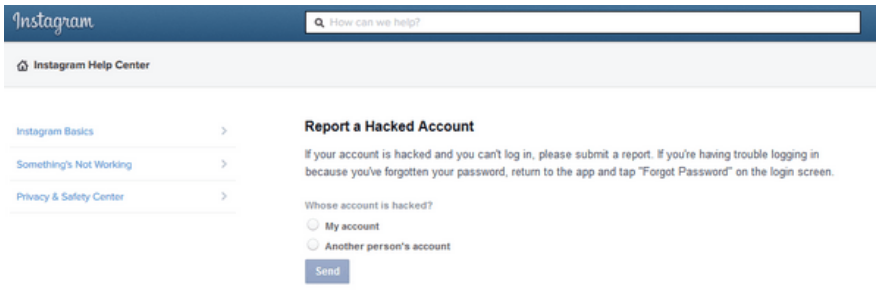
1. First on Instagram.com homepage, in the Password (password) box, click on select **Forgot** (forgot password).



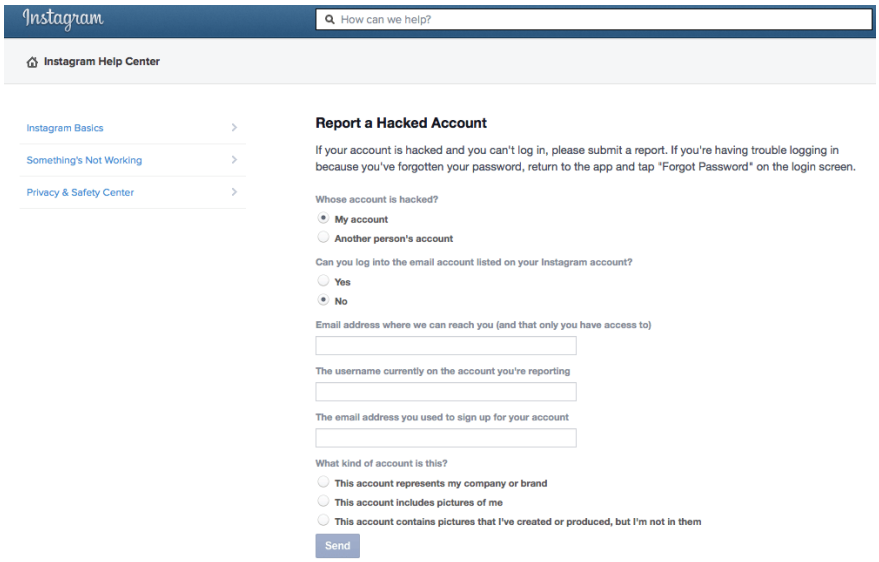
2. Next enter the email address to reset the password.



3. If you cannot access your Email account, you can report to Instagram as soon as possible under this link.



4. Complete the information in the form.



Specify the reason why you cannot access your email account and provide an alternate email account that you have access to. If you have access to an email account linked to an Instagram account, that's good news.

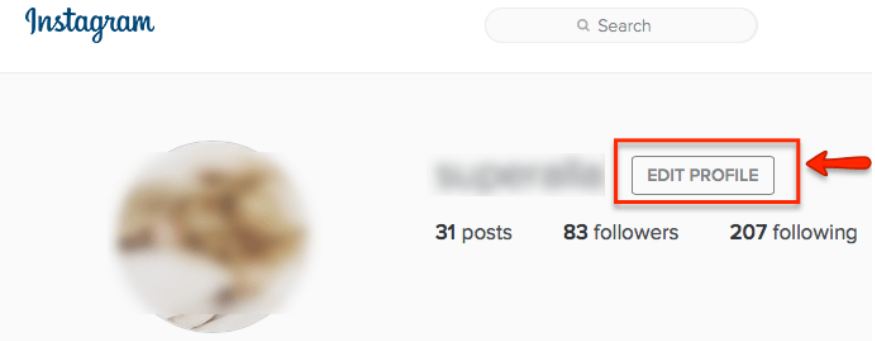
Follow the suggestions to regain control of your account.

3. Change the password

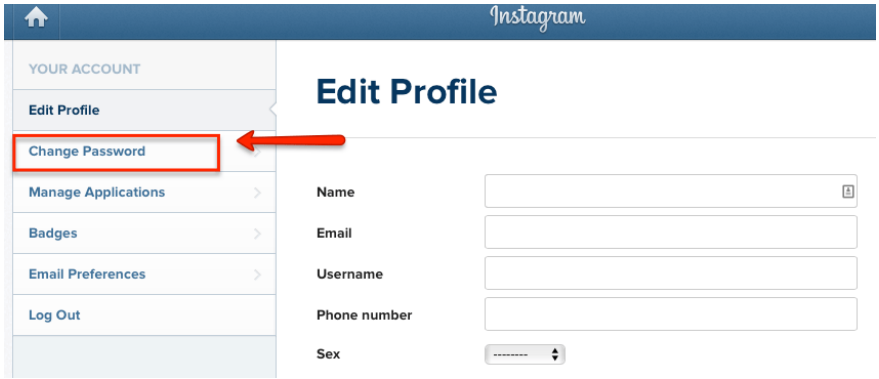
To change your Instagram password, follow the steps below:

1. First visit Instagram.com, log in to your Instagram account, then click on the username in the top right corner of the page.

2. Next click on **Edit File.**



Now on the screen that appears Edit Profile page, here in the left pane you find and click the **Change Password** option **.**



Make sure the new password you use is strong enough:

- Password is at least 6 characters long (or may be longer).

- Include uppercase, lowercase letters and numbers. And for "more secure", you can add special characters like '?' or '!'

- Absolutely do not use your personal information such as date of birth, . as a password.

Also, you can refer to the steps to change your Instagram account password here.

4. Change the password for other accounts if you use the same account

If you use an Instagram account password to password for other accounts like Gmail or iCloud, then you must also change the passwords for the other accounts.

Usually hackers will use that password to access your other accounts.

5. Secure the email account associated with your Instagram account

After "hacking" an email account, hackers will use this email account to access the social network accounts of the "hacked" person.

For this reason, you need to apply everything to protect your email account safely. Here are some tips for you:

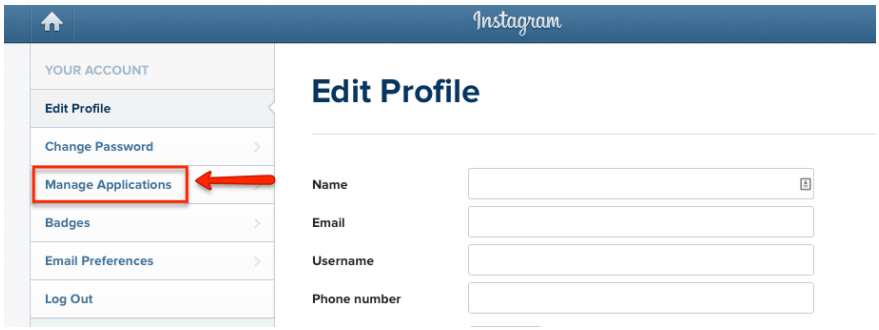
- Make sure you are using a "strong enough" password for your email account.

- Use LogDog. This application allows you to control your account, when there are any suspicious activities you will receive notifications and find ways to protect your account from hacker attacks.

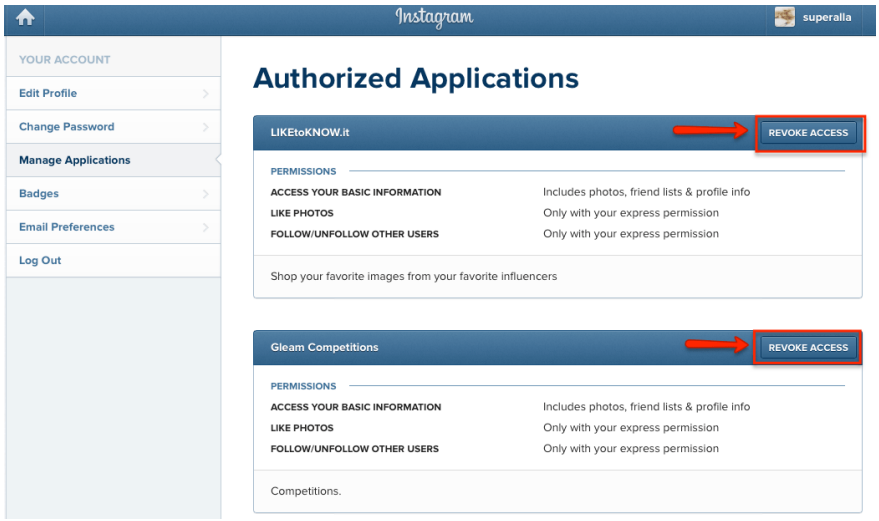
1. Download LogDog for Android here.
2. Download LogDog for iOS here.

6. Revoke access to "suspicious" applications

To do this, on your personal Instagam account page, click **Manage Applications** in the left pane.



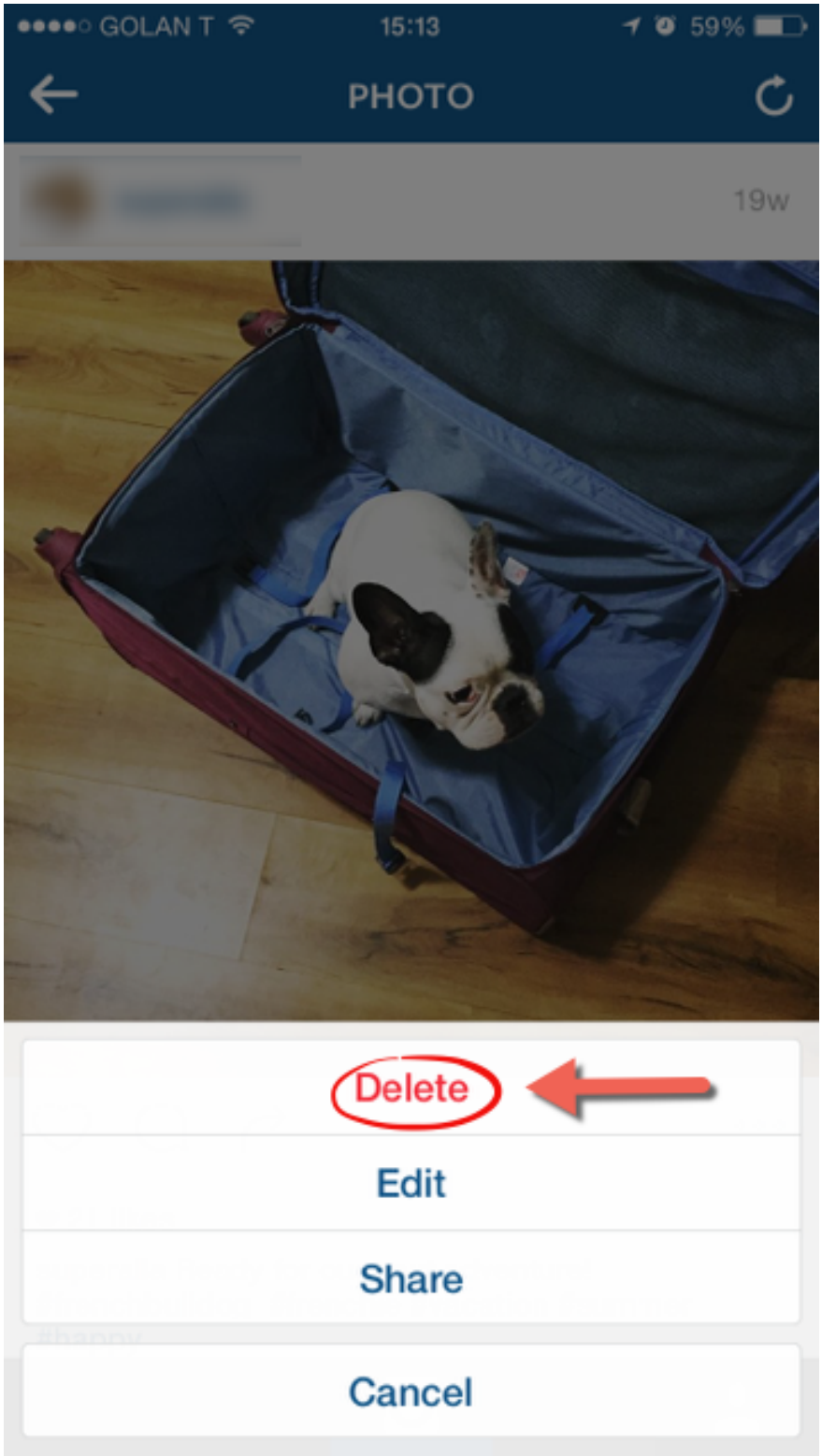
To revoke access from any application, click the **"Revoke Access"** button in the right-hand corner of the listed application.



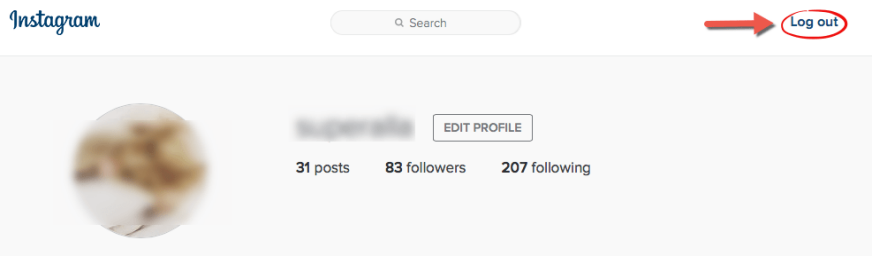
7. See your recent activities

Browse your bulletin board to see if there's any suspicious activity. If you see "suspicious" posts, it is best to delete the post immediately because it can harm your followers.

To delete a post, click on it and click **Delete.**



8. Log out of your Instagram account after logging in to someone else's computer or phone



Keep in mind that after logging into your Instagram account on your computer or on someone else's phone, don't forget to log out of your account to ensure security.

Refer to some of the following articles:

1. Post photos on Instagram at any time with the most likes?
2. 12 tips to make it easier for you to master Instagram
3. How to permanently delete Instagram account and temporarily disable it

Good luck!

You finished reading the article "**Instagram account is hacked, this is all you need to do**" 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.

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