

How to verify official communications from Meta, Instagram or Facebook

We get a lot of questions about how to identify legitimate communications from Meta, Instagram, and Facebook.

Here are recommended best practices to protect your online safety.

Who's it from?



Legitimate emails from Meta, Facebook, and Instagram will always include our name after the @ symbol.

REAL security@facebook.mail.com
no-reply@support.facebook.com **FAKE** instagramsecurity@gmail.com

Check the typeface



Our emails use a sans serif font such as Arial and Helvetica, not serif fonts such as Times New Roman.

If the font looks peculiar, random, or like that of a newspaper, it's not from us.

Don't open or engage.

Email verification



If you're ever in doubt about a suspicious email or message, visit the [Avoid Spams and Scams page](#) (desktop recommended) for more information.

You can verify recent security and login emails we've sent to you in the past year by checking the [Security & Login](#) page in your Settings.

Fake Meta pages and accounts



Beware of posts or DMs claiming you have violated [Community Standards](#) or that your access is being removed.

Meta, Facebook, and Instagram will never tag or DM you with these types of notifications.

Accidental clicks



If you've accidentally clicked a suspicious link:

- 01 Change your password immediately
- 02 Enable 2FA (two-factor authentication)

Learn more about [creating a strong password](#) and [how two-factor authentication works](#) on Facebook.

Phone calls



Finally, if you're contacted by a suspicious "Facebook representative," ask them to send you an email to verify if they're affiliated with Meta.



[Here's a list of Meta-affiliated email addresses](#)

The verified badge



Official Meta, Facebook, and Instagram Pages will display the [blue verified badge](#) indicating authenticity.

Avoid any suspicious Pages claiming to be Meta properties without it.

[Here's how to report a fake Facebook Page.](#)

Please leave any questions, feedback, or experiences in the comments below.