



Zoho Corporation

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# Guidelines to prevent your Instagram account from getting blocked

While publishing on Instagram, you may face the following error: **"Your account has been temporarily blocked from publishing by Instagram. Try logging again to your account from your mobile app and try again."**

This may be because the account is inactive, check-pointed, or restricted.

In such cases, you can re-log in to the application from your mobile device and follow the steps provided there to regain access to your Instagram account.

Instagram has also implemented various measures to make it safe for younger users. The minimum age required to own an Instagram account is 13 in most countries. Users who have created an account without specifying their date of birth will be asked to do so before continuing using the application. This could be why the posts are not getting published on Instagram.

**Read More:** [New ways to verify age on Instagram](#)

## Add your own birthday



### Add your own birthday

To continue using Instagram, you need to provide your own personal birthday, even if this account is for something like a business or pet.

This helps us protect younger people in our community. We'll also use your birthday to help personalize your experience, including ads. It won't be part of your public profile.

8 June 2007

15 years old

Save

5	March	2004
6	April	2005
7	May	2006
<b>8</b>	<b>June</b>	<b>2007</b>
9	July	2008
10	August	2009
11	September	2010

# Update your date of birth manually

## To update using a mobile application

1. Tap the profile icon and select **Edit Profile**.
2. Select **Personal Information Settings**.
3. Specify the date of birth in the **Birthday** field.

### Note

- If you have linked your Facebook account, the date of birth will be synchronized automatically.

For further assistance, please write to us at [support@zohosocial.com](mailto:support@zohosocial.com).