

Deactivating or Deleting Your Account

If you [deactivate](#) your account:

- You can reactivate whenever you want.
- People can't see your timeline or search for you.
- Some information may remain visible to others (example: messages you sent).
- You will not be able to use your Facebook account to access Oculus Products or your Oculus information.
- Pages that only you control will also be deactivated. If your Page is deactivated, people can't see your Page or find your Page if they search for it. If you don't want your Page to be deactivated, you can give someone else full control of your Page. You'll then be able to deactivate your account without deactivating the Page.

If you [delete](#) your account:

- You can't regain access once it's deleted.
- We delay deletion a few days after it's requested. **A deletion request is cancelled if you log back into your Facebook account during this time.**
- Some information, such as messaging history, isn't stored in your account. This means friends may still have access to messages you sent after your account has been deleted.
- Copies of some material (example: log records) may remain in our database but are disassociated from personal identifiers.
- If you use your Facebook account to log in to Oculus, deleting your Facebook account will also delete your Oculus information. This includes your app purchases and your achievements. You will no longer be able to return any apps and will lose any existing store credits.
- Pages that only you control will also be deleted. If you don't want your Page to be deleted, you can give someone else full control of your Page. You'll then be

able to delete your account without deleting the Page.


Was this helpful?

Yes

No

You can deactivate your account temporarily and choose to come back whenever you want.

To deactivate your account:

1. From your main profile, click  in the top right of Facebook.
2. Select **Settings & privacy**, then click **Settings**.
3. Click **Your Facebook Information** in the left column. If you have [Facebook access to a page in the new Pages experience](#): Click **Privacy**, then click **Your Facebook Information**.
4. Click **Deactivation and Deletion**.
5. Choose **Deactivate Account**, then click **Continue to Account Deactivation** and follow the instructions to confirm.

When your account is deactivated:

- No one else can see your profile.
- Some information, like messages you sent to friends, may still be visible.
- Your friends may still see your name in their friends list. This is only visible to your friends, and only from their friends list.
- Group admins may still be able to see your posts and comments, along with your name.
- You will not be able to use your Facebook account to access Oculus products or your Oculus information.
- Pages that only you control will also be deactivated. If your Page is deactivated, people can't see your Page or find your Page if they search for it. If you don't want your Page to be deactivated, you can give someone else full control of your Page. You'll then be able to deactivate your account without deactivating the Page.

Keep in mind that if you choose to keep Messenger active or are logged into Messenger when you deactivate your Facebook account, then Messenger will remain

active. Learn how to [deactivate Messenger](#).

When your Facebook account is deactivated, but you still have Messenger:

- You can still chat with friends on Messenger.
- Your Facebook profile picture will still be visible in your conversations on Messenger.
- Other people can search for you to send you a message.

Reactivating your account:

If you'd like to come back to Facebook after you've deactivated your account, you can reactivate your account at any time by logging back into Facebook or by using your Facebook account to log in somewhere else. Remember, you'll need to have access to the email or mobile number you use to log into complete the reactivation.

If you are the only person that has full control of a deactivated Page, you can [reactivate your Page](#) after you reactivate your Facebook account.

Learn how to [permanently delete your account](#).

Was this helpful?

Yes

No

You can reactivate your Facebook account at any time by logging back into Facebook or by using your Facebook account to log in somewhere else.

Remember that you'll need to have access to the email or mobile number you use to log in. If you can't remember your password, you can [request a new one](#). If you can't access the email associated with your account, learn how to [reactivate your account](#).

Was this helpful?

Yes

No

What happens if I permanently delete my Facebook account?

- You won't be able to reactivate your account
- Your profile, photos, posts, videos, and everything else you've added will be permanently deleted. You won't be able to retrieve anything you've added.

- You'll no longer be able to use Facebook Messenger.
- You won't be able to use Facebook Login for other apps you may have signed up for with your Facebook account, like Spotify or Pinterest. You may need to contact the apps and websites to recover those accounts.
- Some information, like messages you sent to friends, may still be visible to them after you delete your account. Copies of messages you have sent are stored in your friends' inboxes.
- If you use your Facebook account to log in to Oculus, deleting your Facebook account will also delete your Oculus information. This includes your app purchases and your achievements. You will no longer be able to return any apps and will lose any existing store credits.
- Pages that only you control will also be deleted. If you don't want your Page to be deleted, you can give someone else full control of your Page. You'll then be able to delete your account without deleting the Page.

What if I don't want all my content deleted, but I want to take a break from Facebook?

You can take a break from Facebook and [temporarily deactivate your account](#). When you temporarily deactivate your account:


- People won't be able to see or go to your Facebook profile.
- Your photos, posts and videos won't be deleted.
- You can still use Facebook Messenger. Your profile picture will still be visible in your conversations and people will still be able to search for you by name to send you a message. You will continue to appear to friends on Facebook in places where they can message you.
- You will not be able to use your Facebook account to access Oculus Products or your Oculus information.
- Pages that only you control will also be deactivated. If your Page is deactivated, people can't see your Page or find your Page if they search for it. If you don't want your Page to be deactivated, you can give someone else full control of your Page. You'll then be able to deactivate your account without deactivating the Page.
- You can choose to come back whenever you want.

Learn how to [temporarily deactivate your account](#).

How do I permanently delete my account?

Before deleting your account, you may want to log in and [download a copy of your information](#) (like your photos and posts) from Facebook, and a copy of your Oculus information if you use your Facebook account to log in to Oculus. After your account has been deleted, you won't be able to retrieve anything you've added.

To permanently delete your account:

1. From your main profile, click  in the top right of Facebook.
2. Select **Settings & privacy**, then click **Settings**.
3. Click **Your Facebook Information** in the left column. If you have [Facebook access to a page in the new Pages experience](#): Click **Privacy**, then click **Your Facebook Information**.
4. Click **Deactivation and Deletion**.
5. Choose **Delete Account**, then click **Continue to Account Deletion**.
6. Click **Delete Account**, enter your password and then click **Continue**.

Can I cancel my account deletion?

If it's been less than 30 days since you initiated the deletion, you can cancel your account deletion. After 30 days, your account and all your information will be permanently deleted, and you won't be able to retrieve your information.

It may take up to 90 days from the beginning of the deletion process to delete all the things you've posted. While we're deleting this information, it's not accessible to other people using Facebook.

Copies of your information may remain after the 90 days in backup storage that we use to recover in the event of a disaster, software error, or other data loss event. We may also keep your information for things like legal issues, terms violations, or harm prevention efforts. Learn more about our [Privacy Policy](#).

To cancel your account deletion:

1. Log into your Facebook account within 30 days of deleting your account.
2. Click **Cancel Deletion**.

Was this helpful?

Yes

No

If your friend or family member is irreversibly mentally or physically unable to maintain their Facebook account, we may be able to help you remove it.

- **For a child under 13:** We require our members to be at least 13 years old. If you believe there is a child under the age of 13 using Facebook, please [report the account](#) to us.
- **For someone over 13:** Please [submit a request here](#). We'll review the information you provide and let you know what action we can take. Keep in mind this form should only be used to report medically incapacitated users. Learn what to do if you've [lost access to your account](#), or how to report a [hacked account](#) or [deceased user](#).

We don't consider someone who is in rehab or prison to be incapacitated. If you're a member of law enforcement and would like to report someone on Facebook who is currently imprisoned, please [submit a request](#).

Note: This information is for requesting removal of a medically incapacitated friend or family member's account. If you want to deactivate or delete your own account, [learn what you can do](#).