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Overview

Facebook is a social networking platform. Meta Platforms, Inc. owns it. It helps you connect, share updates, and communicate online.

A Facebook post lets you share updates with friends and family. Standard posts include:

- Text
- Images
- Videos
- Text with images or videos

In groups or pages, you can post the following as well:

- Files
- Polls
- Quizzes

In addition to posts, Facebook supports Stories and Reels. Stories show short updates that disappear after 24 hours. Reels show short videos designed for discovery.

Businesses and creators use posts to promote their products and events. Posts reach a large audience in quickly get fast responses.

Facebook lets you control who can see your posts. Set privacy before posting to make sure your content reaches the right audience.

Facebook lets you customize privacy settings that fit your needs.

Posts drive engagement. You can like, comment, or share. This creates conversations and builds community.

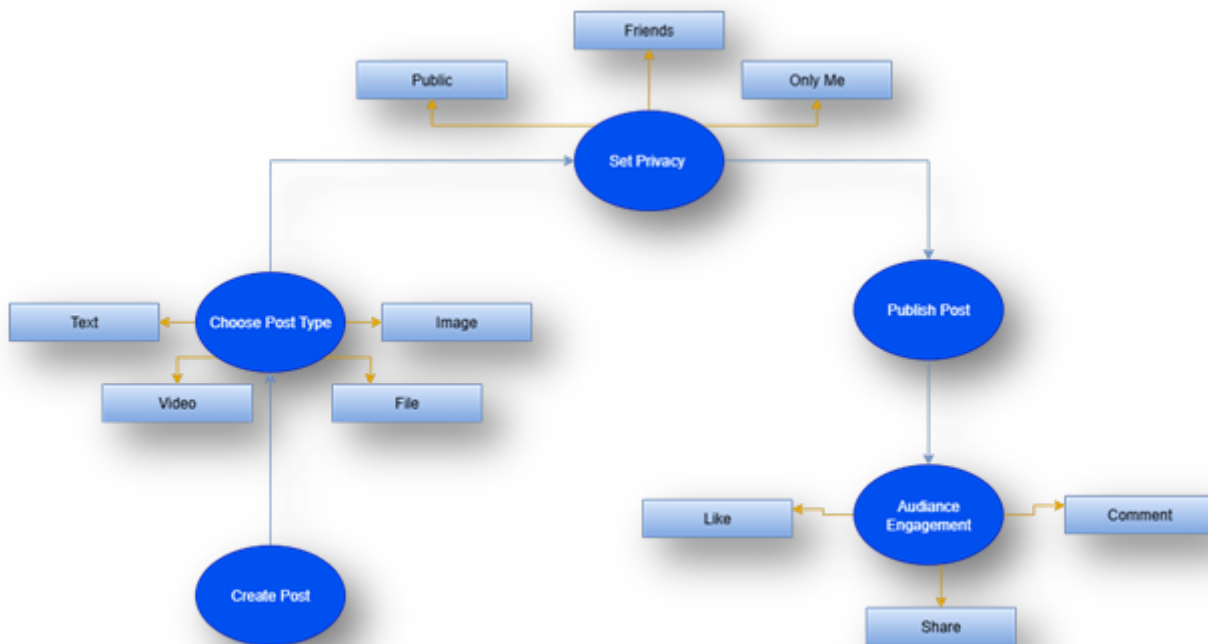
Your Photos, videos, and text remain on your timeline for future viewing. This helps you to keep memories safe for future.

Limitations of Facebook post are as follows:

- Text posts allow up to 63,206 characters.
- Images and videos have file size limits.
- Supported file types upload only.

- Group admins may review posts before approval.
- Large documents cannot appear directly in the newsfeed.
- Facebook does not support audio posts.

This guide helps you create and share a Facebook post from a web browser and from a smartphone.



Prerequisites

Before you get started, make sure you have following:

- A Facebook account.
- A web browser or the Facebook mobile app.
- An Internet connection.

System requirements

Make sure your system meets the following basic requirements before you create a post:

- Device: Smartphone, tablet, or computer.
- OS:
 - Android 8.0 or higher
 - iOS 13 or higher
 - Any of modern OS: Windows, macOS, Linux.
- Browser: Latest version of Chrome, Firefox, Edge, or Safari.
- Storage: Facebook app requires about 200–300 MB free space.

Accessing Facebook

You can access Facebook either from a web browser or from the mobile app.

- On a web browser, go to the link (<https://www.facebook.com/>)
- On mobile devices, download the Facebook app from the Google Play Store (Android) or App Store (iOS).

Note: Once you access the Facebook, Log in with your registered email or phone number and password.

Adding a post from web browser

Log in to Facebook on a web browser to create and share standard posts. The following steps help you create one:

To create,

1. On your home page, click "What's on your mind?".
2. Perform one of the following:
 - Enter your message, to share a text only post
 - Click **Photo/Video**, to share an image post
 1. Select an image file.
 2. Add a caption.
 - Click **Photo/Video**, to share a video post
 1. Select a video file.
 2. Add a caption.
3. Select any one of the following privacy options:
 - Public
 - Friends
 - Only me
 - Friends except
 - Specific friends
 - Custom
 - Close friends
 - Family
4. Click **Post**.

Note: Click the cross button in the top-right corner to discard the post.

Result: Your post is live on your account with the selected privacy option.

Adding a post from smartphone

Log in to the Facebook mobile app to create and share standard posts. The following steps help you create one: To create,

1. On your home page, tap "What's on your mind?" text box.

2. Perform one of the following:

- Enter your message, to share a text only post
- Tap **Photo/Video**, to share an image post
 1. Select an image file.
 2. Add a caption.
- Tap **Photo/Video**, to share a video post
 1. Select a video file.
 2. Add a caption.

3. Select any one of the following privacy options:

- Public
- Friends
- Only me
- Friends except
- Specific friends
- Custom
- Close friends
- Family

4. Tap Done

5. Tap **Post**.

Result: Your post is now live on your account based on the privacy options you choose.

Frequently Asked Questions

Q1: Can I edit a post after publishing?

A1: Yes. Select the three dots, then select Edit Post.

Q2: Who can see my post?

A2: Your privacy settings control visibility.

Q3: Can I delete a post?

A3: Yes. Select the three dots, then select Move to trash.

Q4: Can I schedule a post?

A4: Yes, but only for pages. You cannot schedule posts on a personal profile.

Q5: Can I turn off comments on my post?

A5: Yes. Select the three dots, then select Who can comment on your post.

Troubleshooting

Issue	Solution
Post not uploading	Check your internet connection and file size.
Image looks blurry	Upload a higher-resolution image.
Video not playing	Re-upload the video in a supported format (MP4, MOV).
File not attaching	Check file type and size. Facebook supports PDF, DOCX, XLSX, JPEG, PNG, GIF, MP4, and MOV.
Post taking too long to load	Refresh the page or update the Facebook app.
Cannot edit post	Make sure the post is not a shared post or an expired Story.

Best practices

Follow these best practices to make your posts effective and engaging. They help you reach the right audience and improve visibility.

- Keep posts short and clear.
- Add images or videos to improve engagement
- Check privacy settings before posting.