

Like other social media apps, Instagram shows your friends when you're online so they can interact with you. However, this is also a privacy concern because maybe you don't want others to see that you're active, or you don't want to be overwhelmed by too many messages. So, in this guide, I'll show you how to hide or turn off your active status on Instagram from iPhone or desktop so that nobody can see when you're online.

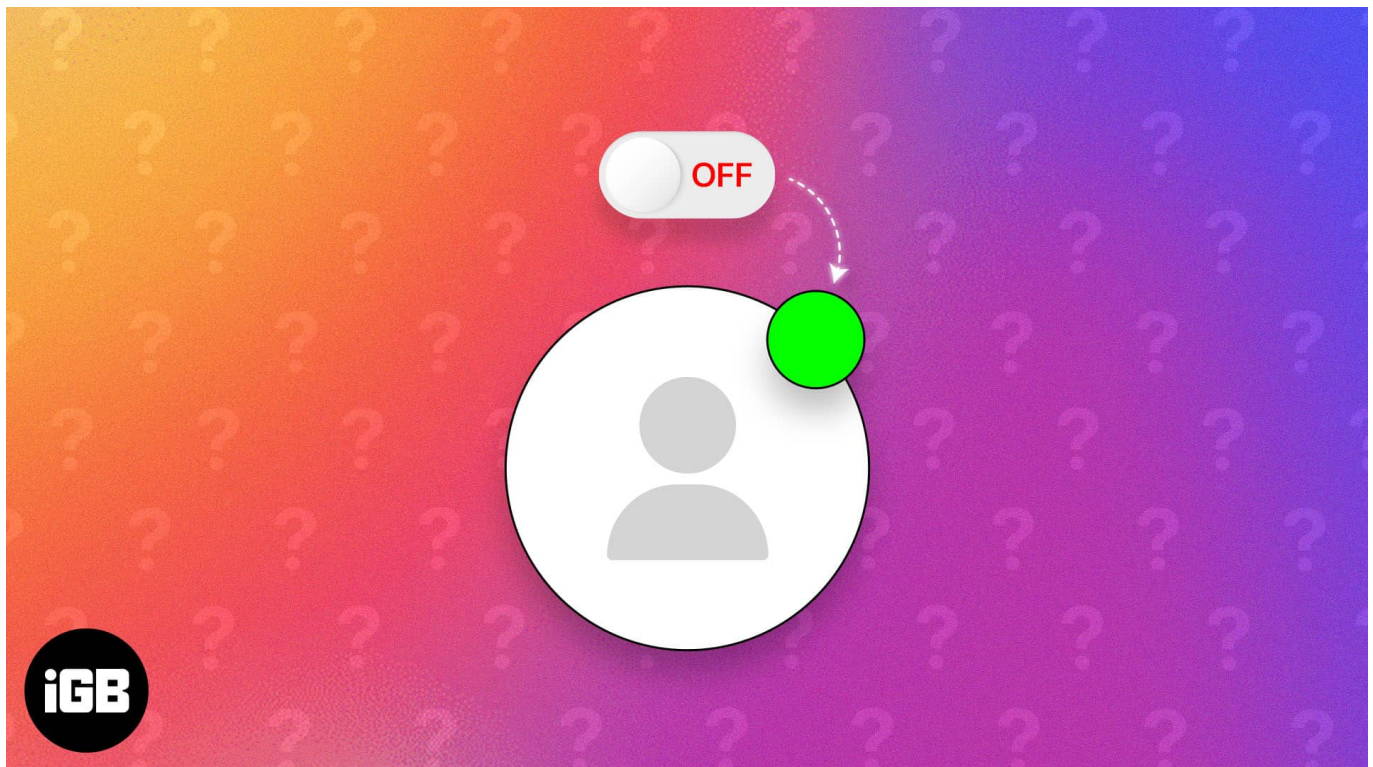


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What does “active status” mean on Instagram?

Active status or activity status on Instagram is a default feature that shows if you’ve recently been online or are currently using the app. When it’s enabled, people you follow or have messaged will be able to see when you’re online. If they also have the feature enabled, you’ll be able to see when they’re online, too.

How do you see who’s active on Instagram?

There are three places that activity status shows up as described below:

- **Profile photos:** When you open your Instagram’s direct messages (DMs) section, you can see a row of your mutual followers at the top of the page. Those who have enabled active status and are online have a small green dot in the lower right-hand corner of their profile photo.
- **Messages list:** In the list of people you’ve messaged on Instagram, those who have active status turned on will have a little green dot on their profile photo, along with the words “Active now” if they are currently on the app.
- **Chat header:** When you’re messaging someone on Instagram, you can see an “Active now” label at the top of the chat screen.

How to appear offline on Instagram

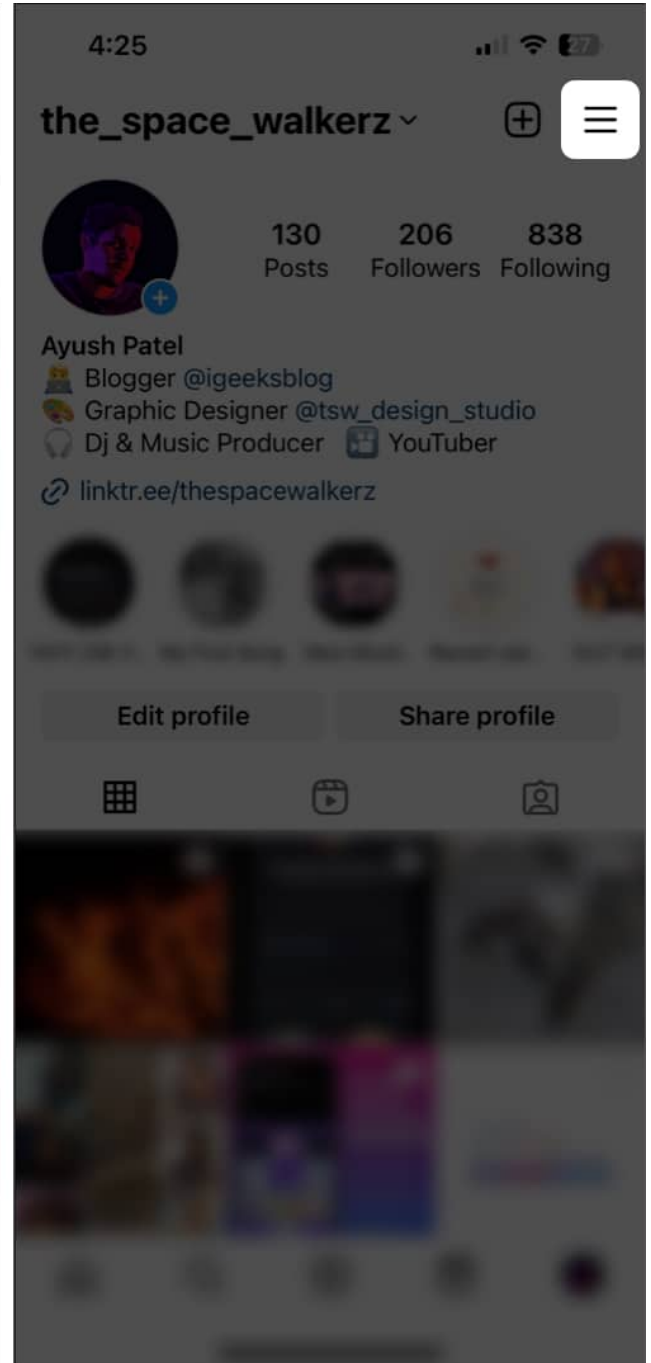
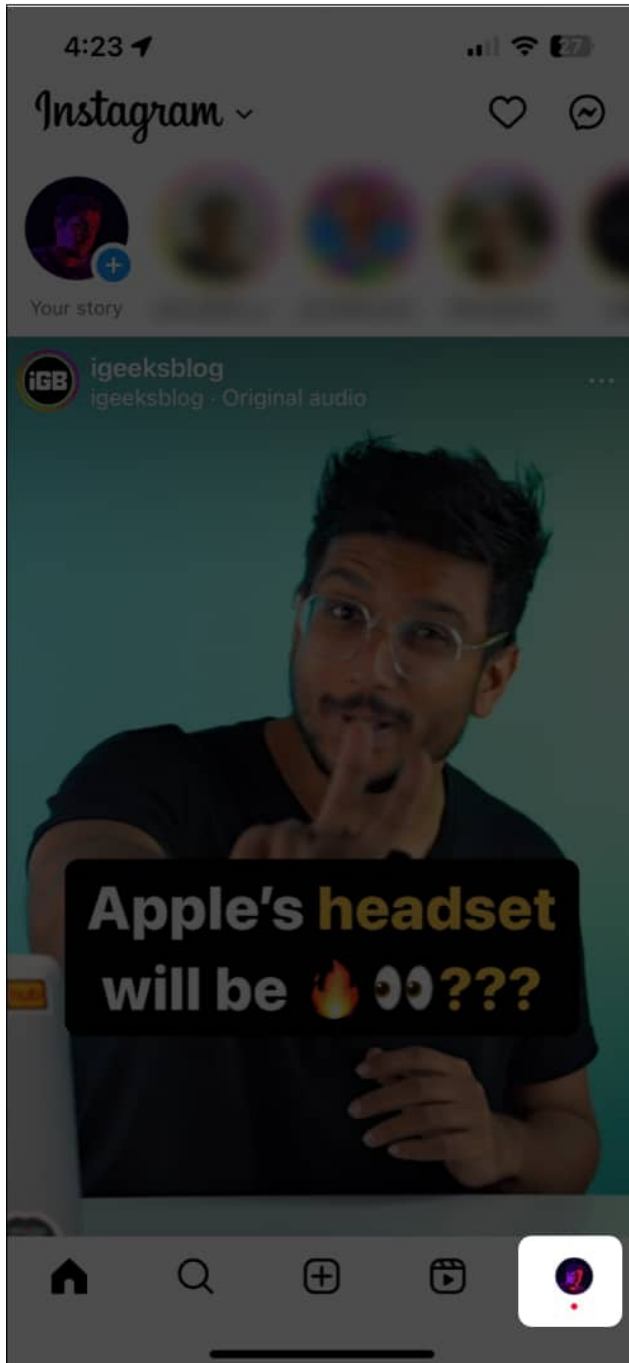
It’s easy to disable your active status on Instagram and appear offline even when you’re using the Instagram iOS app.

Note

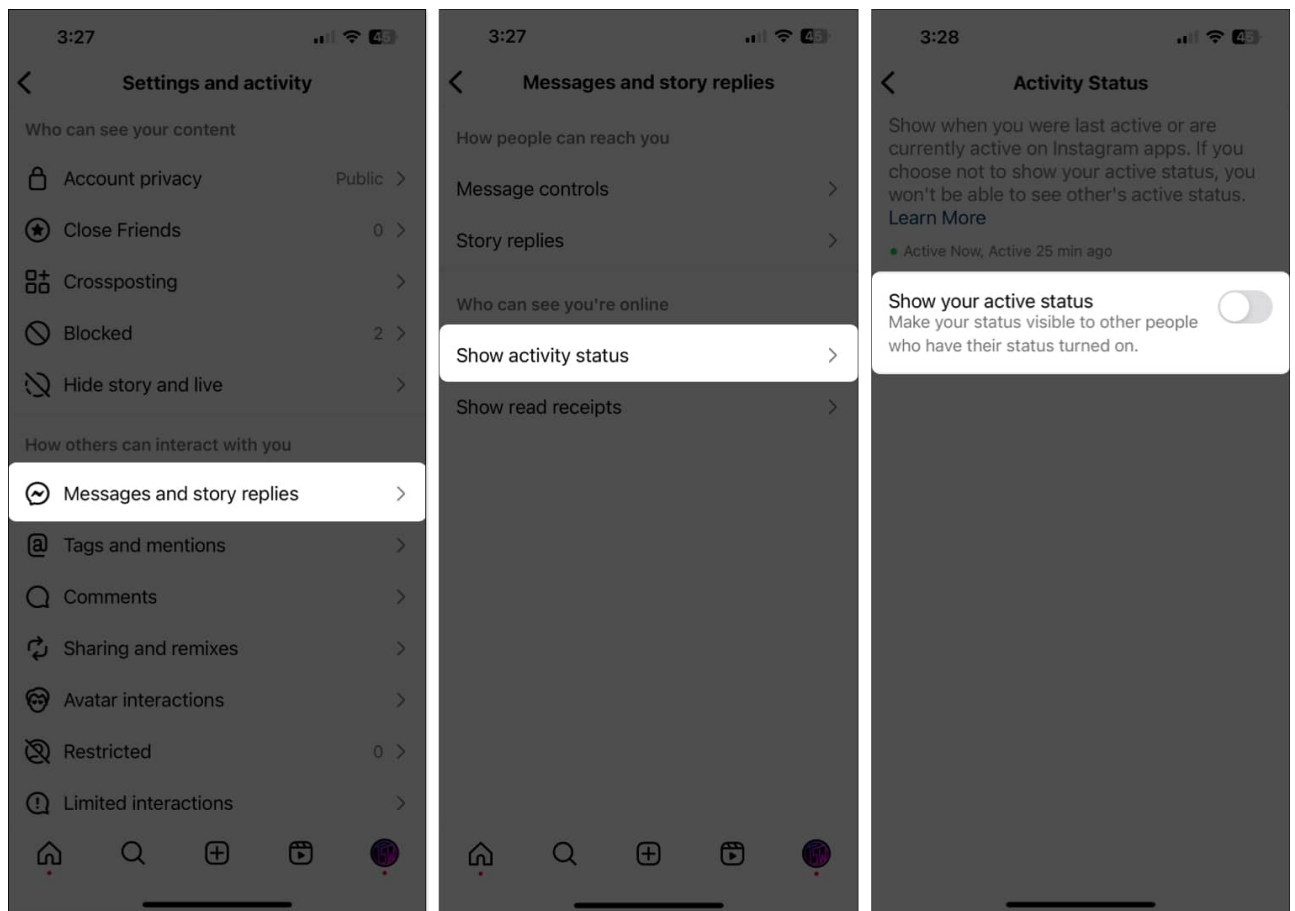
However, turning off your activity status will also mean that you cannot see when other people are online.

Hide activity status on Instagram from iPhone

1. Launch the **Instagram app** on your iPhone.
2. Tap your **profile picture** at the bottom-right corner.
3. Tap the three-line menu at the top-right.

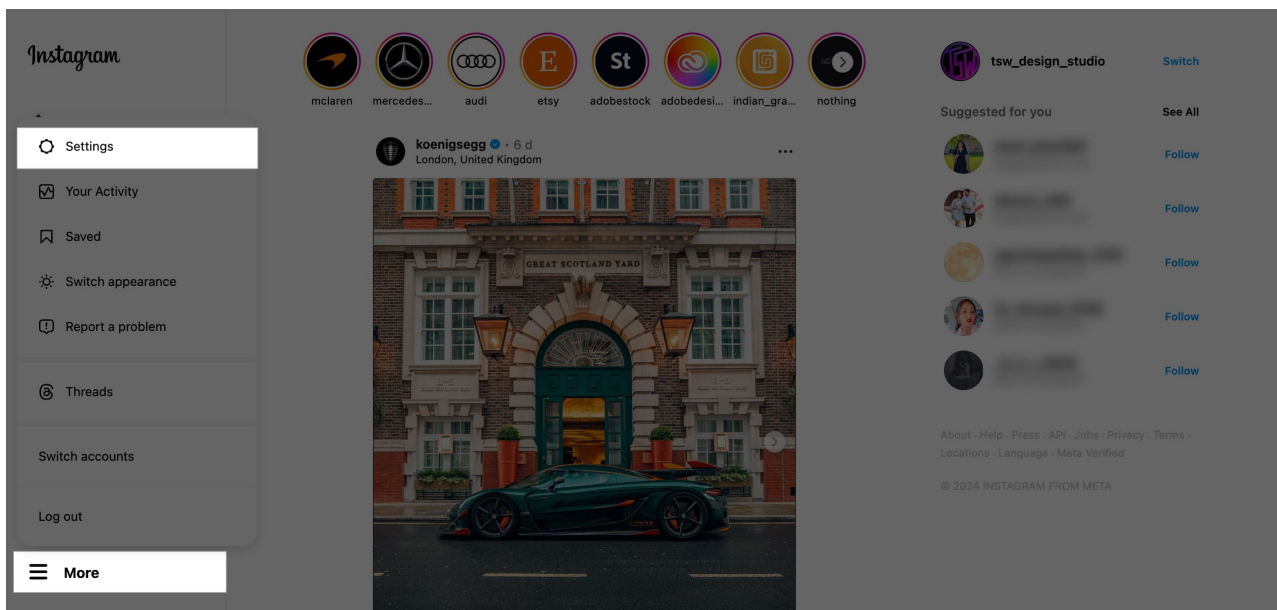


4. Scroll down and select **Messages and story replies**.
5. Pick **Show activity status**.
6. Toggle off **Show your active status**.

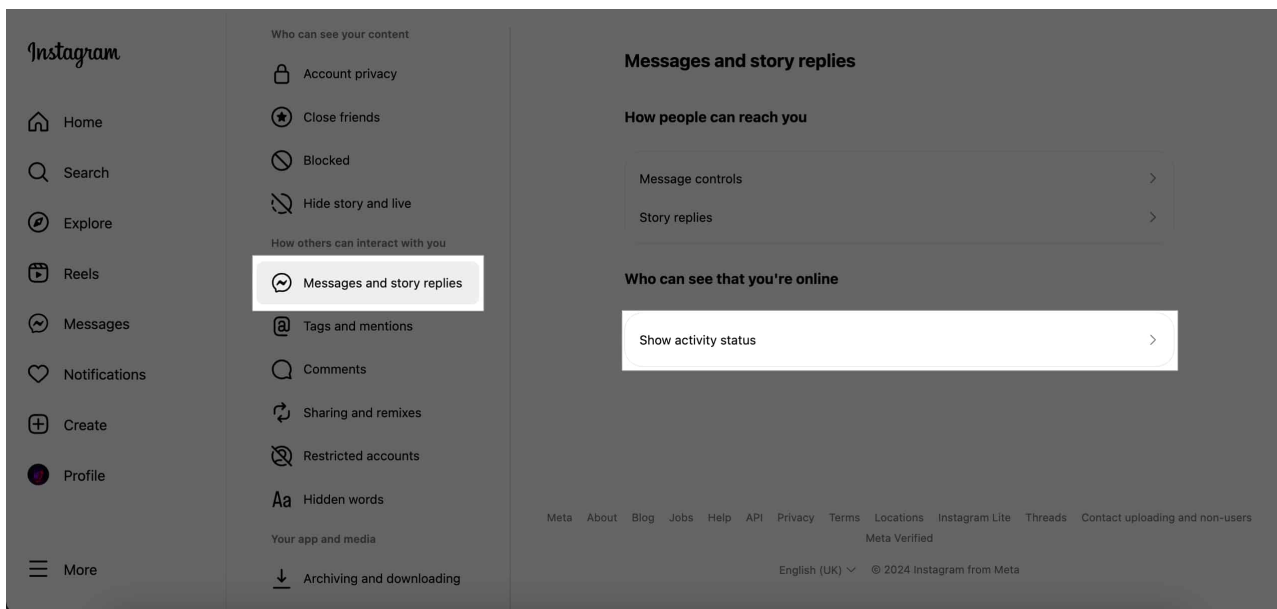


Hide your Instagram online status from your desktop

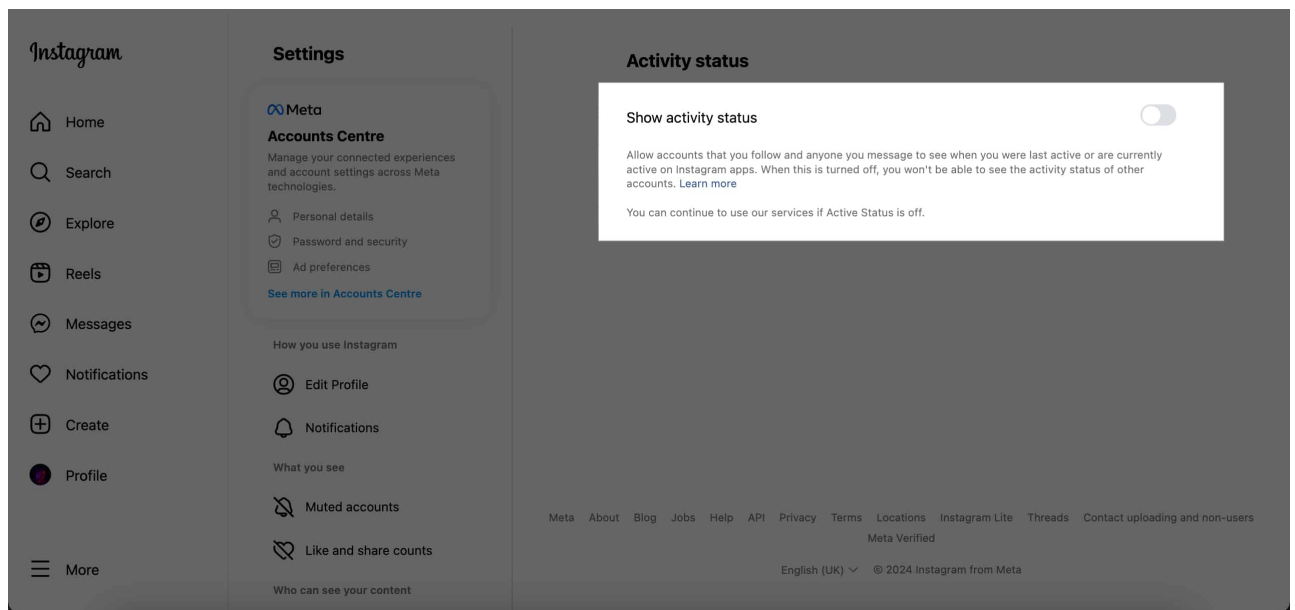
1. Visit the [official website](#) and then log in to your account.
2. Click the three-line menu labeled **More** in the bottom-left corner.
3. From the context menu, go to **Settings**.



4. Scroll down and pick **Messages and story replies** under How others can interact with you.
5. Click **Show activity status**.



6. Toggle off **Show active status**.



How to disable Read Receipts on Instagram

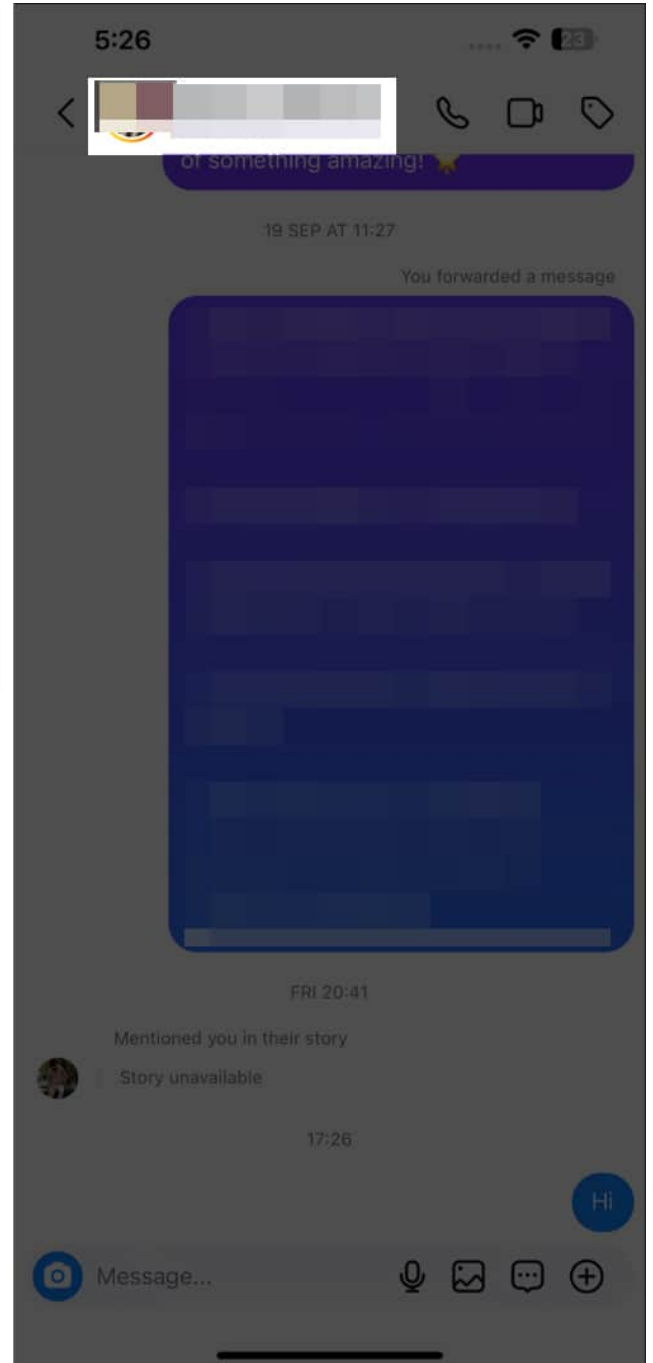
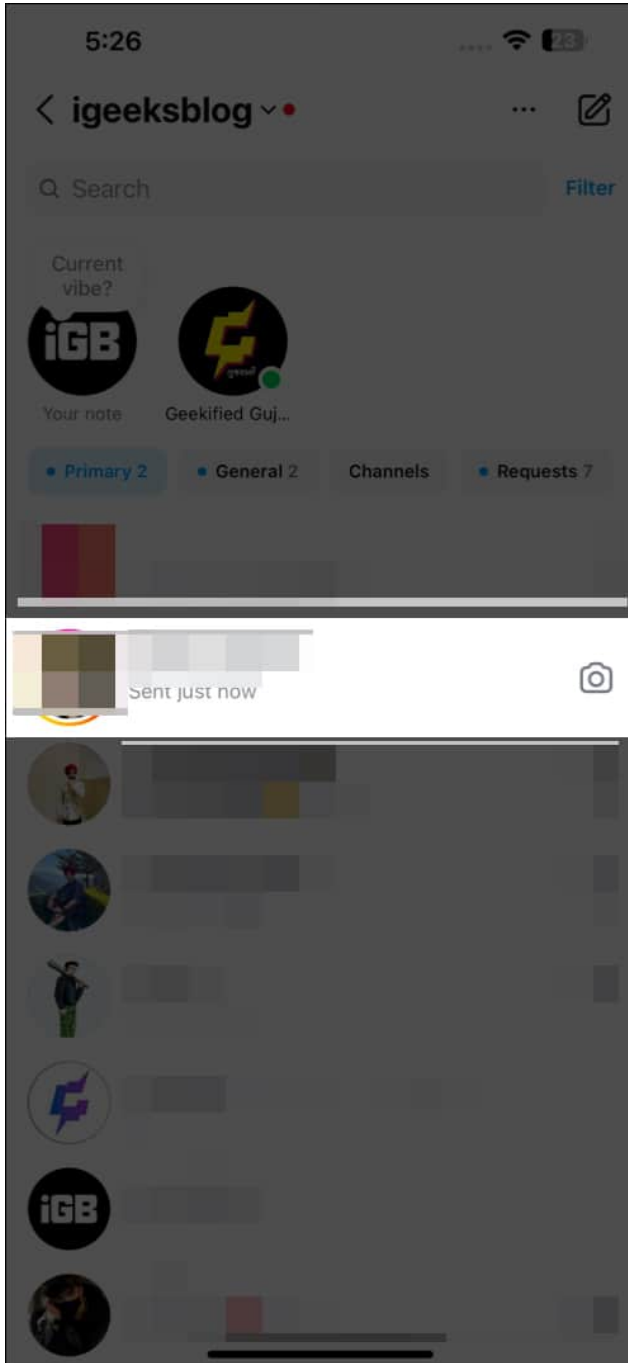
By default, Instagram shows someone you're chatting with that you've seen their message. It can be a bit inconvenient when you're not in the mood for conversation or just want to lay low.

So, for even more privacy, you can turn off read receipts on Instagram so that people cannot know when you've read their message.

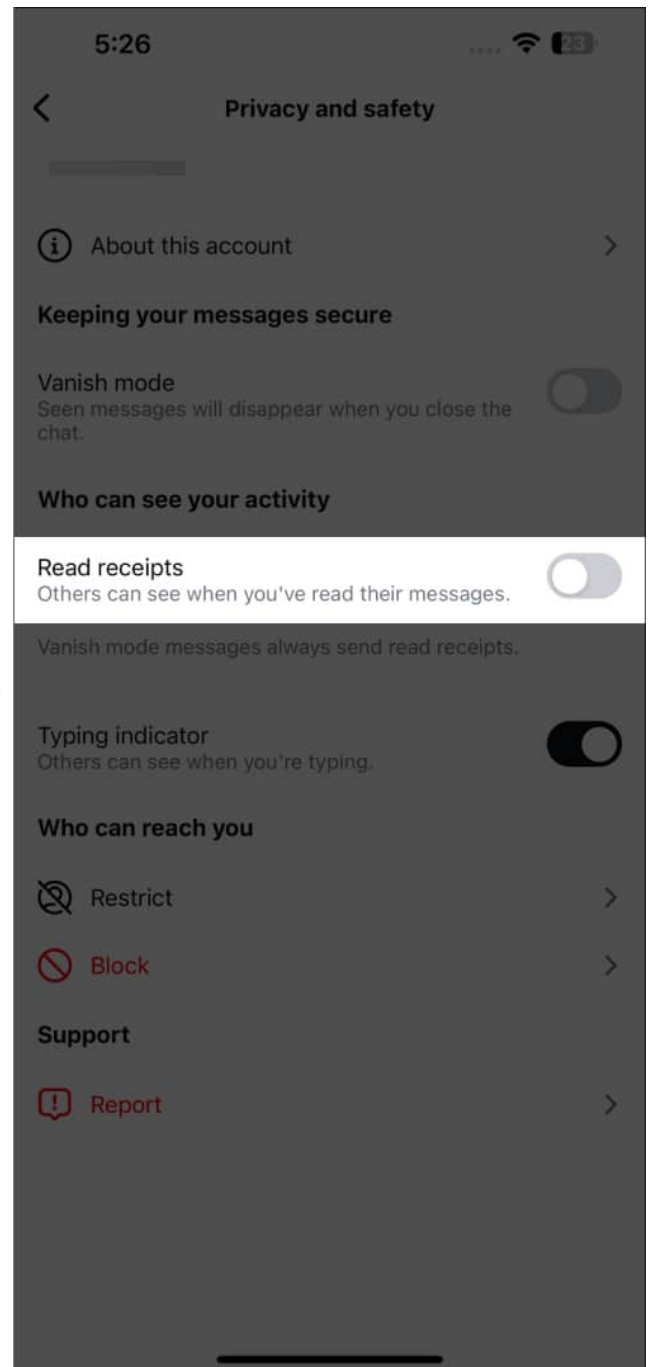
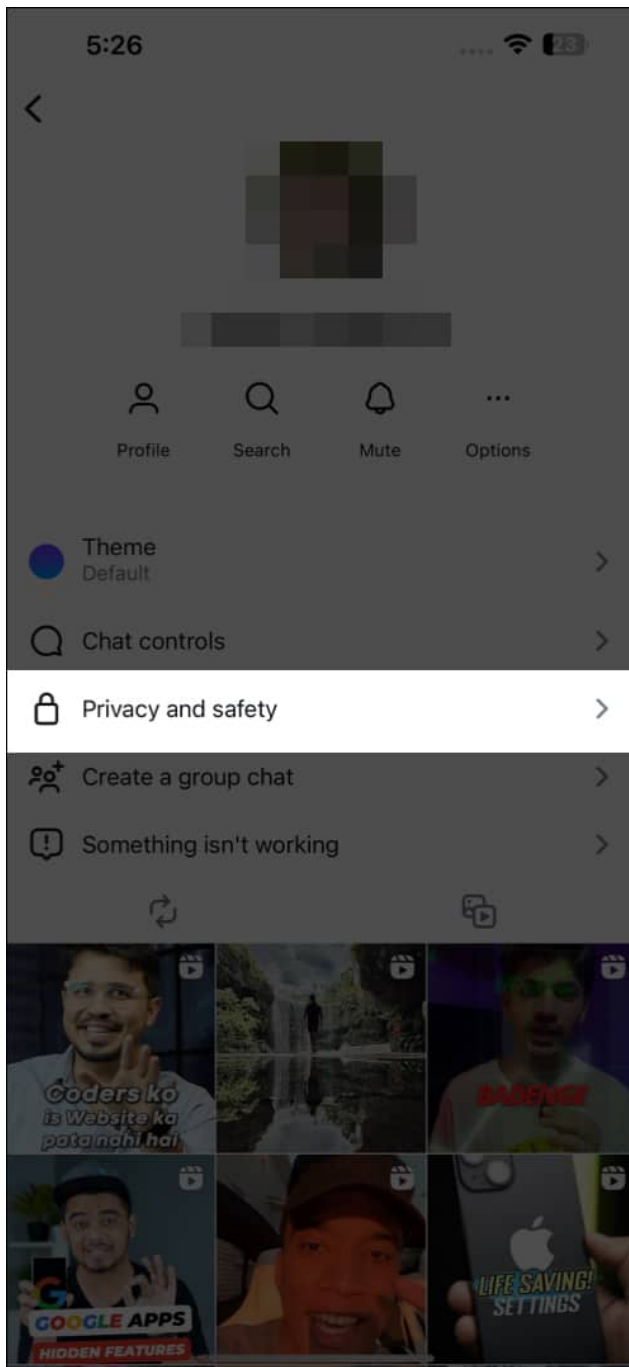
You can do this for specific chats or all chats as a whole.

Turn off Read Receipts for one chat

1. Open Instagram and go to **Messages** by tapping on the icon at the top right.
2. Open the chat for which you want to turn off read receipts.
3. Tap the name at the top of the screen.

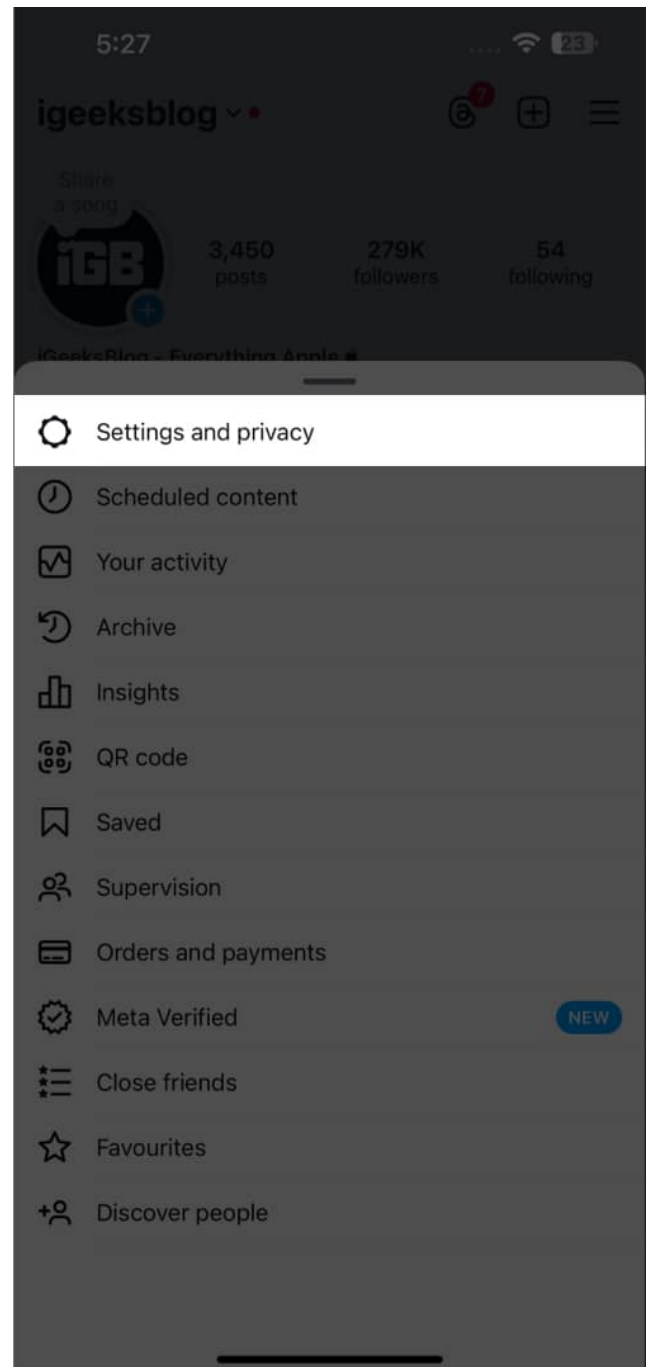
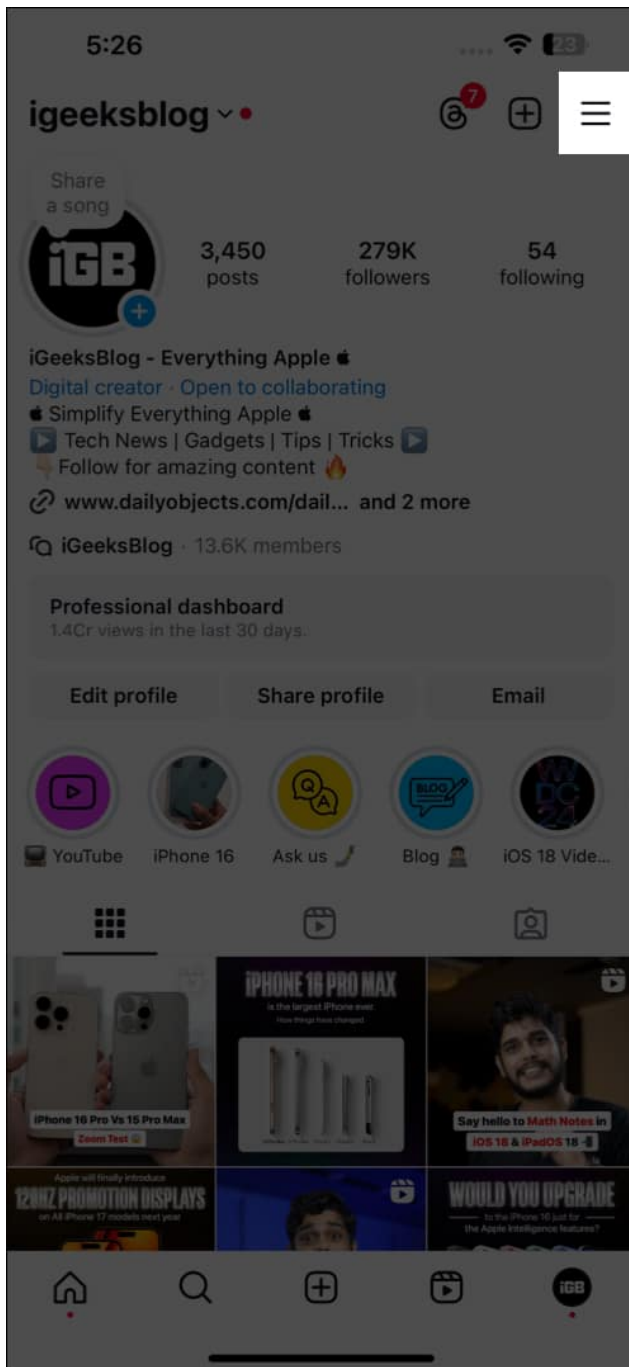


4. Select **Privacy & safety**.
5. Toggle off **Read receipts**.

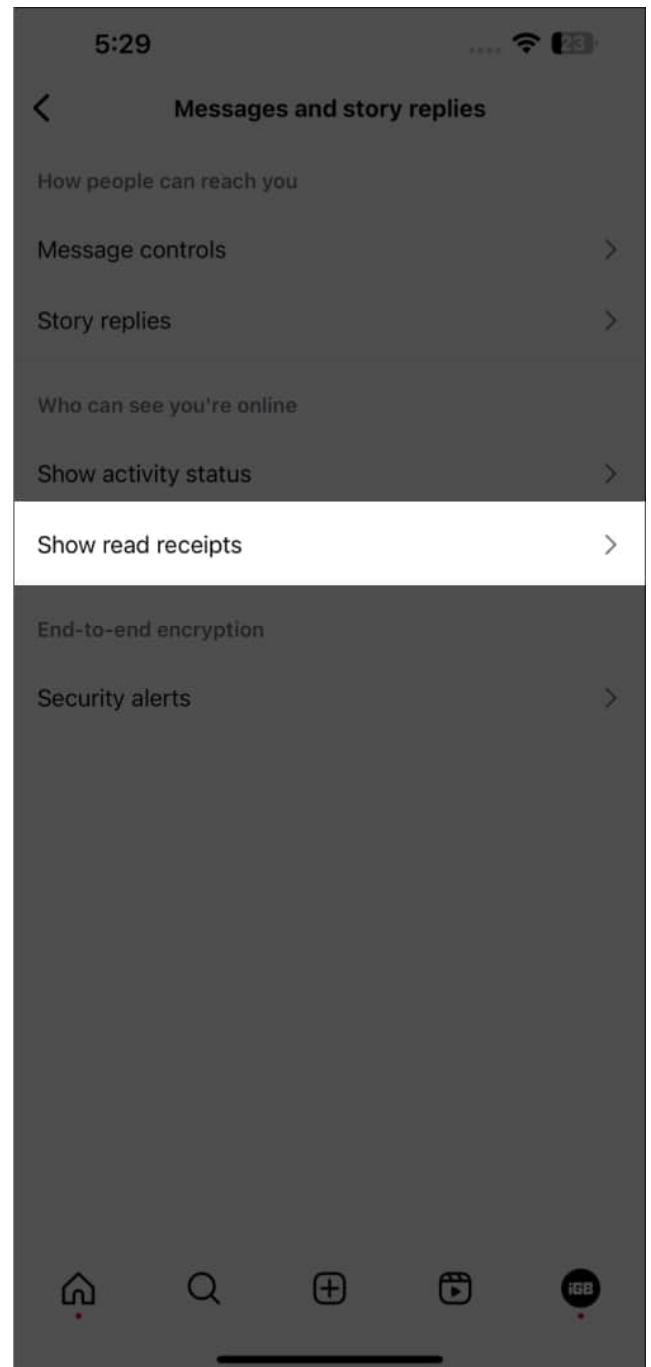
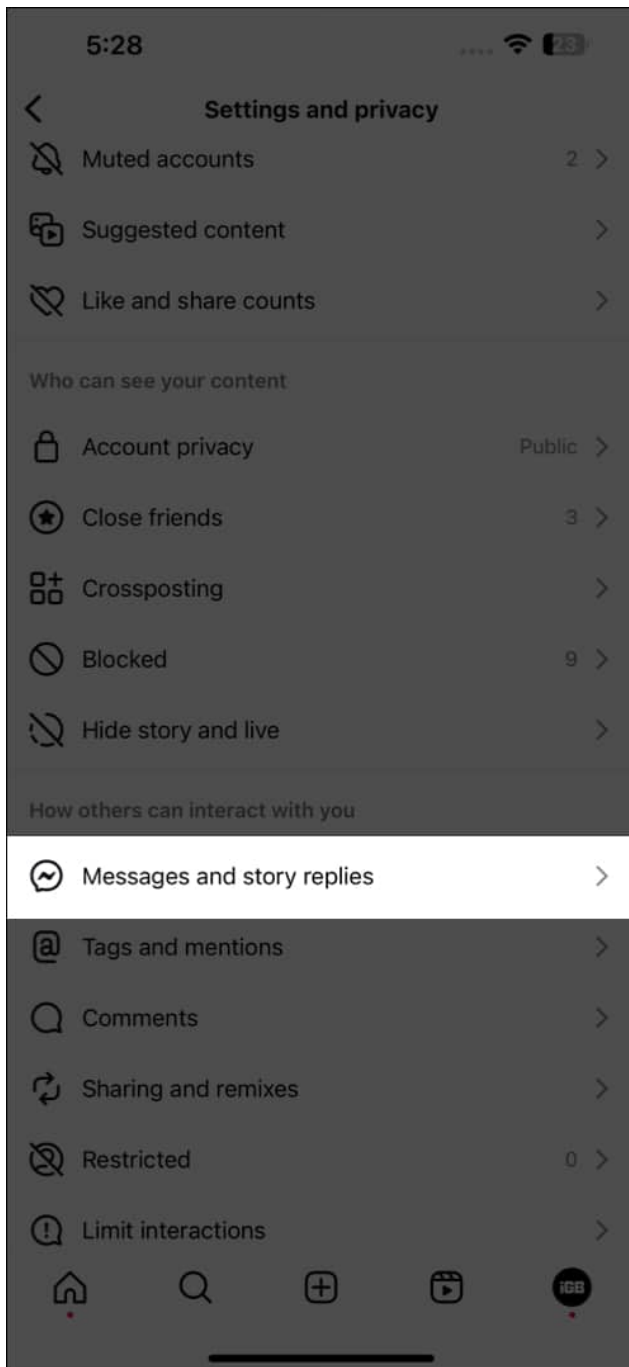


Disable Read Receipts for all chats

1. Open Instagram and tap your **profile picture** from the menu at the bottom of the screen.
2. Tap the three-line menu at the top.



3. Select **Messages and story replies**.
4. Tap **Show read receipts**.



5. Toggle off **read receipts**.

Signing off...

I hope I have helped you out with how to turn off Activity Status and Read Receipts on Instagram to enjoy greater privacy. If you run into any issues or want to know about

something else, feel free to connect with me in the comments below.

FAQs

Can you hide your active status on Instagram from one person?

No, you can't hide your active status on Instagram from one person. But if you [restrict someone on Instagram](#), they won't be able to view your active status.

Is active now accurate on Instagram?

The 'active now' status on Instagram generally provides an accurate indication of when a user was last active and using the app. However, it is not a real-time indicator and only gives an approximation of a user's last activity on Instagram.

Also read:

- [How to hide Instagram Stories from someone on iPhone](#)
- [How to hide likes and views on your Instagram posts](#)
- [How to mute someone on Instagram from iPhone](#)