

# SOCIAL MEDIA SIZE GUIDE (2026)

<b>INSTAGRAM</b> <ul style="list-style-type: none"><li>• Square Post: 1080 × 1080 px</li><li>• Portrait Post: 1080 × 1350 px</li><li>• Landscape Post: 1080 × 608 px</li><li>• Reels: 1080 × 1920 px</li><li>• Stories: 1080 × 1920 px</li><li>• Profile Photo: 320 × 320 px</li></ul>	<b>FACEBOOK</b> <ul style="list-style-type: none"><li>• Feed Image: 1200 × 630 px</li><li>• Cover Photo (Desktop): 820 × 312 px</li><li>• Cover Photo (Mobile Safe): 640 × 360 px</li><li>• Event Cover: 1920 × 1080 px</li><li>• Stories: 1080 × 1920 px</li><li>• Profile Photo: 170 × 170 px</li></ul>
<b>YOUTUBE</b> <ul style="list-style-type: none"><li>• Thumbnail: 1280 × 720 px</li><li>• Channel Banner: 2560 × 1440 px</li><li>• Safe Area: 1546 × 423 px</li><li>• Video Upload: 1920 × 1080 px</li><li>• Shorts: 1080 × 1920 px</li></ul>	<b>X (TWITTER)</b> <ul style="list-style-type: none"><li>• Header: 1500 × 500 px</li><li>• Post Image: 1200 × 675 px</li><li>• Profile Photo: 400 × 400 px</li></ul>
<b>TIKTOK</b> <ul style="list-style-type: none"><li>• Video: 1080 × 1920 px</li><li>• Profile Photo: 200 × 200 px</li></ul>	<b>PINTEREST</b> <ul style="list-style-type: none"><li>• Standard Pin: 1000 × 1500 px</li><li>• Square Pin: 1000 × 1000 px</li><li>• Board Cover: 222 × 150 px</li></ul>

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