



How to Create an Account

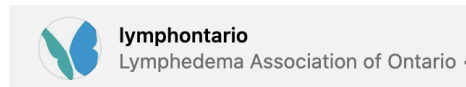
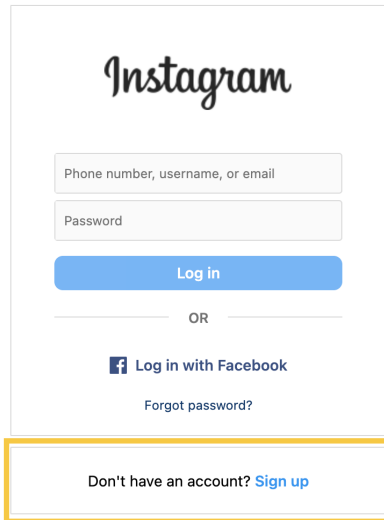
Step 1: On your mobile device, or tablet/iPad, download the Instagram App.

Or visit www.instagram.com in your mobile device browser, and click on the link to your device's app store. (See the yellow box in image).

Step 2: Click “Don't have an account? Sign up”, in the yellow box below.

Step 3: Sign up using your facebook account **or** fill in the form on the screen. Follow the guided steps for setting up your account. Once you are logged in and set up, continue to the next step.

Step 4: Follow @lymphontario by tapping the magnifying glass in the navigation bar at the bottom of your screen. A search bar will appear at the top of your screen, type in “lymphontario”. Tap on the account identical to what you see below.



This will take you to our profile. Tap on the blue “Follow” button. It will change to gray and say “Following”.

Step 5: To get notified when we go live or share something, tap the bell icon in the upper right corner. A pop up will appear. Select what you would like to be notified about.

Step 6: When we go live, our profile picture will glow and pulsate along the top “Stories”. The is the row of circular profile pictures along the top, see image to the left.

To join the live, tap on our profile picture (the butterfly) when it is pulsating.

