

Step by step guide on using our Arachnoiditis social media images (<https://www.acmcrn.org/social-media-toolkit>) for your profile photo:

Choose the image you want to use as a Facebook profile picture by hovering over the graphic and click on the download symbol (look for the downware button) and download will begin.

The image will be saved to the designated download location on your computer or mobile device.

Open a web browser and go to Facebook (www.facebook.com) if you're not already logged in.

Log in to your Facebook account using your credentials.

Once logged in, navigate to your Facebook profile by clicking on your profile picture at the top left corner of the screen.

Hover your mouse over your existing profile picture and click on the "Update Profile Picture" option that appears.

In the pop-up window that appears, choose the "Upload Photo" option. Locate and select the downloaded image from your computer or mobile device. You may need to browse through your folders to find the correct location.

Once you've selected the image, click "Open" or "Choose" to upload it to Facebook.

Facebook will then display a preview of the image with an option to crop it if necessary. Adjust the cropping frame as desired and click "Save" to set the image as your new profile picture.