

How to use these backgrounds with ZOOM

These instructions are for desktop users. For mobile instructions, visit [Zoom.us](https://zoom.us).

1. Right click on the background from the gallery above. Choose “Save Link As” and select a location to save it on your computer.
2. Download the Zoom Mac or Windows app at <https://zoom.us/download>
3. Open the Zoom application, sign in, click your profile picture, followed by the Settings link in the drop-down menu.
4. Navigate to the Virtual Background tab. (If you do not see this tab, log in to the Zoom website, go to Meeting Settings, and make sure the Virtual Background button is toggled on under the Meeting tab.)
5. In the Virtual Background tab, make sure the boxes next to Mirror my video and I have a green screen are unchecked.
6. Then, still in the Virtual Background tab, press the plus button to add your downloaded backgrounds from your computer.
7. Upload and use as many backgrounds as you like!

Having trouble?

1. Try adjusting your lighting. Move near a window or turn on a bright lamp.
2. Simplify your background. Try moving in front of a neutral wall.
3. Visit support.zoom.us