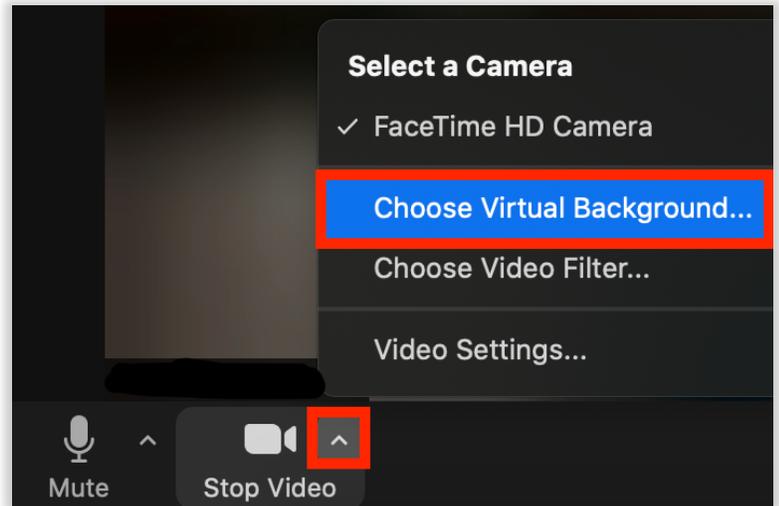# Using Virtual Backgrounds

1. To select a virtual background in a Zoom meeting, click on the upward facing arrow next to the video icon in your meeting menu.

2. From the menu that appears, click on the option for "choose virtual background."

3. Choose a virtual background that you would like to use. You may also choose to blur your background. Your virtual background may also be removed by selecting "none." Your background will adjust based off of your selection.

Select a Camera
✓ FaceTime HD Camera
Choose Virtual Background...
Choose Video Filter...

Video Settings...

Mute | Stop Video

Virtual Backgrounds   Video Filters

None | Blur | | |
| | | |

Add Image
Add Video

4. Some virtual backgrounds from Zoom will already be present for you to use. You may also choose to add your own background . Click on the plus sign (+) and select "add image" to upload your own image file to use as a background. It will then appear as an option for you to use.

No Background

Blurred Background

Virtual Background

1