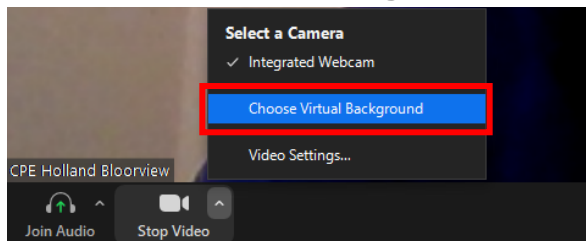


# Changing your virtual background Instructions for Zoom

## Using Virtual Background in Windows or Mac

1. In a Zoom meeting click the ^ **arrow** next to **Start/Stop Video**.
2. Click **Choose a virtual background...**

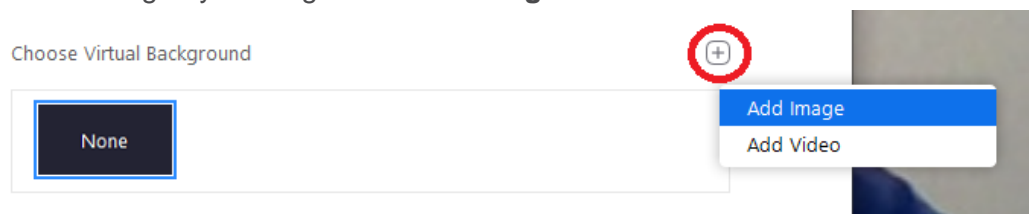


If prompted, click Download to download the package for virtual background without a green screen.

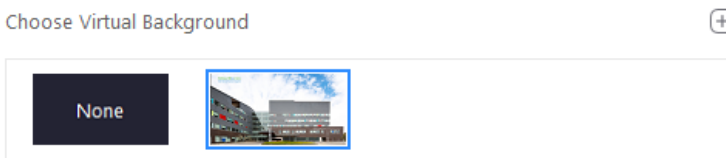
## Upload and choose the new background

Make sure you have saved the background image (JPG) file on your computer.

1. Add the image by clicking + and **Add image**



2. Once uploaded, the image will appear next to None and you can select it.



3. **Important:** By default, Zoom mirrors your screen, which will make your virtual background appear flipped. Make sure to uncheck the **Mirror my video** option:

