## **ZOOM Changing Background Before a Meeting**

1. Sign in to the [Zoom desktop client](https://support.zoom.us/hc/en-us/articles/360032812931).
2. Click your profile picture, then click **Settings**.

3. Select **Virtual Background**.
Note: If you do not have the **Virtual Background** tab and you have enabled it on the web portal, sign out of the Zoom Desktop Client and sign in again.

4. Click on an image to select the desired virtual background or add your own image by clicking **+** and choosing if you want to upload an image.


## **Enabling Virtual Background during a meeting**

If you have already have Virtual Background enabled in the web portal, you can turn it on during a meeting.

### **Zoom Desktop Client**

1. In a Zoom meeting, click the upward arrow (**^**) next to **Start/Stop Video**.
2. Click **Choose Virtual Background...**.
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