# How to Use Zoom Virtual Background

## Basic Zoom 101

## PNAMH Education

# Steps of Using Virtual Background

1. Sign in to Zoom desktop
2. Click Settings
3. Click Virtual Background
4. Click on an image to select the desired background or add your own image (previously saved) by clicking + Add image
5. To disable Virtual Background, choose the option “None”

# Additional Information

- To download free Zoom background , please visit this link: https://www.goodhousekeeping.com/life/a32145012/best-zoom-backgrounds/.
- Once downloaded, you can add to Zoom image