Installing a virtual background in Zoom

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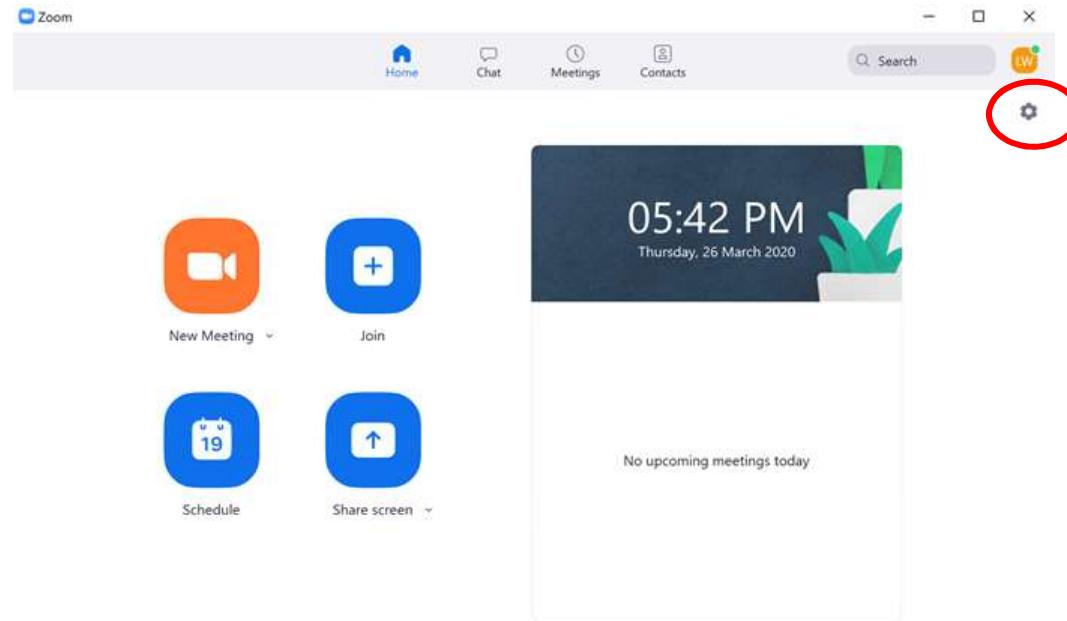# What is a virtual background and why use it?

- This functionality pastes your head/shoulders onto a different background in real-time during Zoom conferences with video enabled.

- The advantages are:
  - Reduced distractions from objects or untidiness in the background, including lights (but a frontal light is still preferred)
  - Eliminates distraction to the viewer from others moving in/out of shot.
  - Enhanced privacy and confidentiality when working from home/chambers
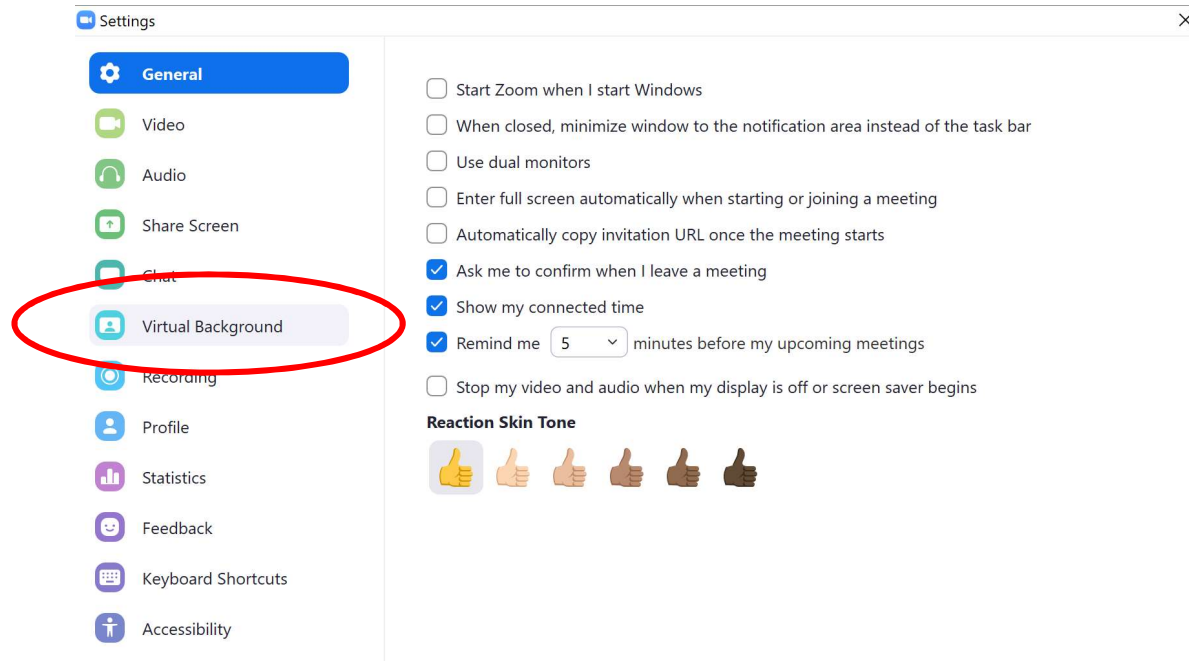
- In sum, a more "professional look"
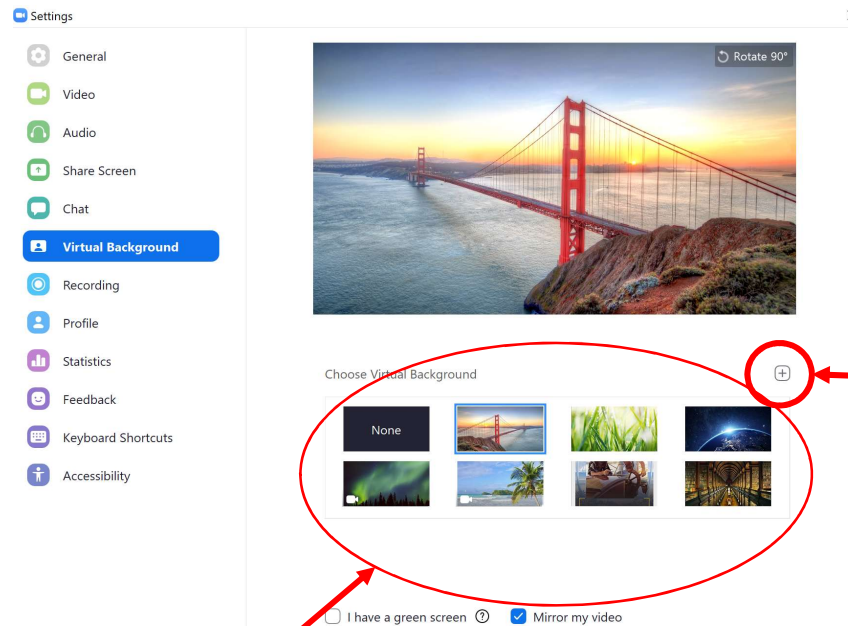
How to install a virtual background in Zoom

1. Open settings in Zoom

2. Open Virtual background

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3. Choose a background ... or upload your own

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To upload your own photo or screensaver

To choose an existing background