

Zoom User Guide: Virtual Backgrounds

A Guideline and Checklist for Actions to Enable Virtual Backgrounds

The COVID-19 pandemic has changed the way we work and interact. With many people now working from home, the use of technology has become the primary avenue to communicate. Working remotely can be difficult and we're not always in a suitable location for videoconferencing or recording a session. Virtual backgrounds can provide privacy in your home as well as provide a talking point in your meeting.

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RECOMMENDATIONS ON VIRTUAL BACKGROUNDS

Device minimum requirements:

Zoom virtual backgrounds require device minimum requirements. A number of devices will not support the use of virtual backgrounds.

- To achieve the best virtual background use a solid colour background, preferably green
- High quality cameras result in better virtual backgrounds
- Use uniform lighting and colour
- Do not wear clothing that is the same colour as the virtual background
- A background image with an aspect ratio of 16:9 and minimum resolution of 1280 by 720 pixels
- A video (MP4 or MOV file) with a minimum resolution of 480 by 360 pixels (360p) and a maximum resolution of 1920 by 1080 pixels (1080p)

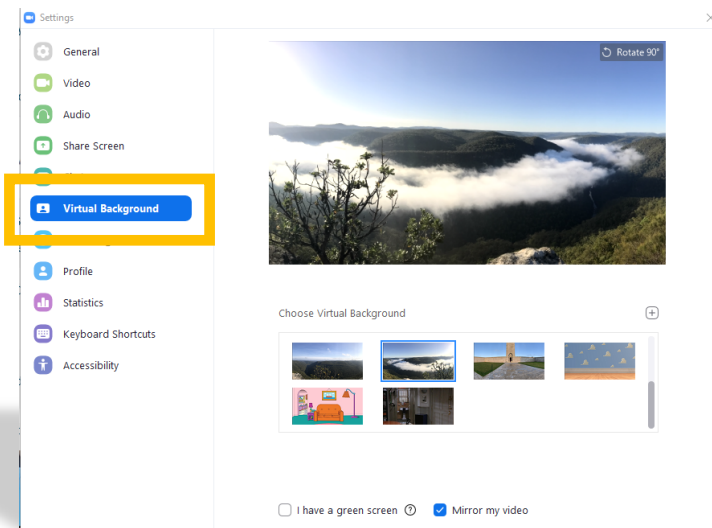
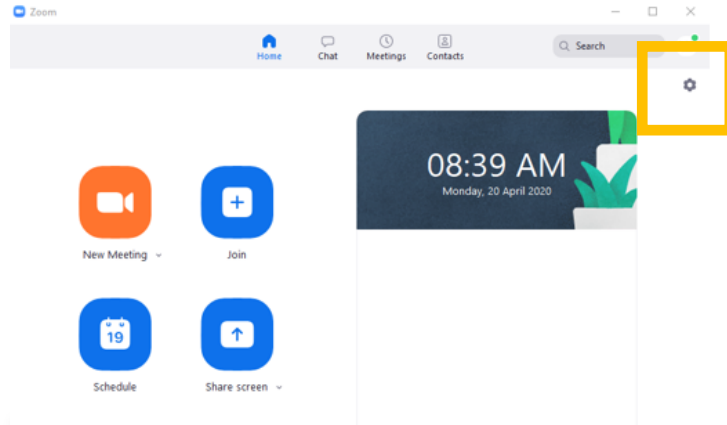
Zoom virtual background system requirements:

- <https://support.zoom.us/hc/en-us/articles/210707503-Virtual-Background>

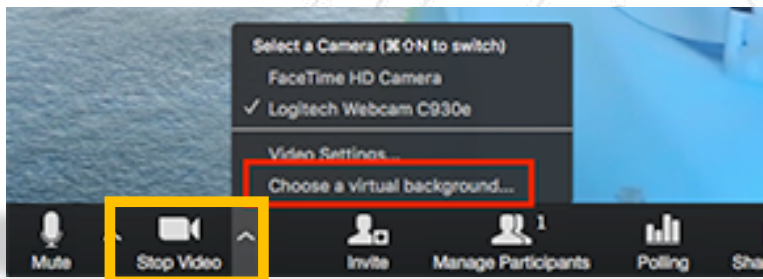
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VIRTUAL BACKGROUND SETTINGS

- ❑ Open the Zoom desktop app
- ❑ Select the “Settings” icon



- ❑ Select “Virtual Background ” and choose the virtual background
- ❑ Zoom has a number of virtual backgrounds preloaded
- ❑ Select “Add Image” to upload additional backgrounds



- ❑ In the Zoom meeting click on the up arrow next to Stop Video and select “Choose a virtual background”