

HOW TO: ZOOM BACKGROUNDS

There are many ways you can Go Red this February, including your Zoom background! It's a fun and easy way to help raise awareness and show your support for the **Go Red for Women** movement. You can get it up and running before your next call with these super easy steps!

COMPUTER

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Download your new background from [WearRedDay.org](https://www.wearreddenvironment.org).
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Open the Zoom desktop app on your computer.
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Click your profile picture, then the "Settings" link in the drop-down menu.
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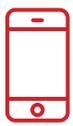
Click the "Virtual Background" tab* on the left.
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In the "Virtual Background" tab, upload your new background.

**If you don't see this tab, login to Zoom through your web browser, go to "Meeting Settings" and make sure the Virtual Background button is toggled on under the "Meeting" tab.*

PHONE OR TABLET

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Save your new background in your "Photos" app.
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Join a meeting in the Zoom app on your device.
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Click the "More" icon at the bottom of your screen.
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Tap the "Virtual Background" option.
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Upload the AHA background from your photo album.



FREQUENTLY ASKED QUESTIONS



Q: Where can I find all these awesome Wear Red Day materials and resources?

A: You can download lots of great tools - including posters, Zoom backgrounds and more at [WearRedDay.org](https://www.wearreddenvironment.org).

Q: Can I get my friends involved, too?

A: Absolutely! Invite them to join in and Go Red, too. You can start a team to fundraise together at [WearRedDay.org](https://www.wearreddenvironment.org).