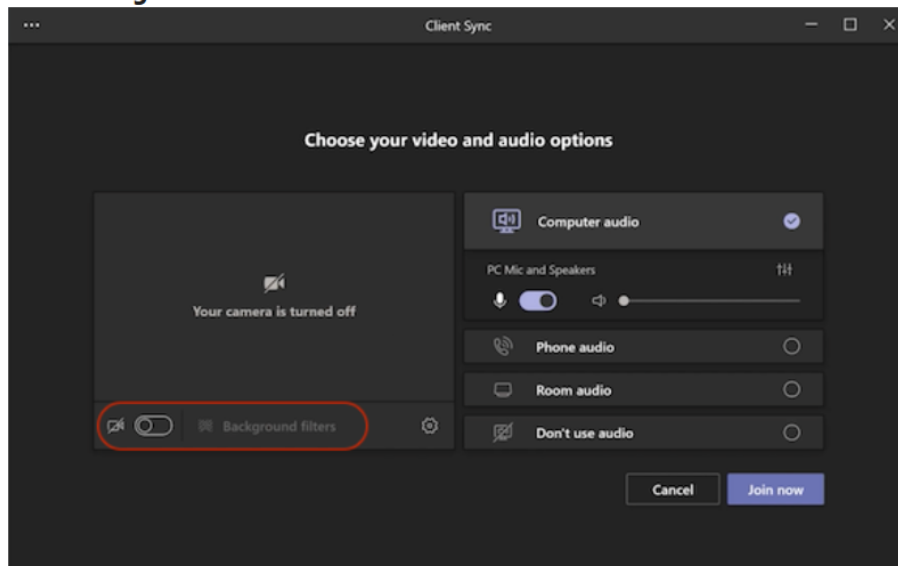


How to change your Teams video background

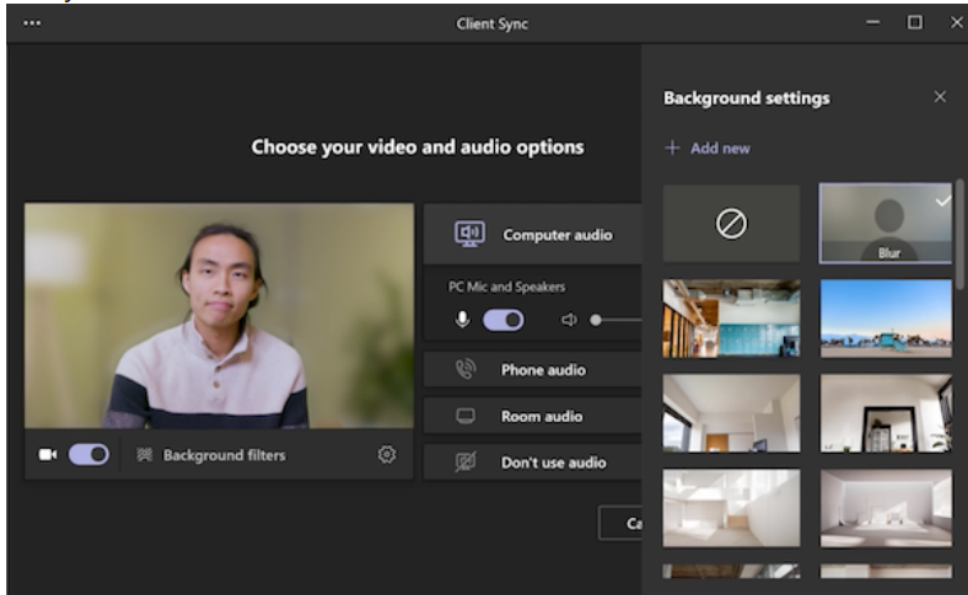
Change your background before a meeting starts

Your background will persist in all your meetings and calls until you change it again.

1. While you're setting up your video and audio before joining a meeting, turn on your camera and select **Background filters** .



2. Select **Blur** to blur your background. You'll appear nice and clear while everything behind you is subtly concealed.



You can also replace your background with one of the images provided, or with one of your own choosing. To use an image of your own, select **Add new** and then select one to upload from your computer. Make sure it's a .JPG, .PNG, or .BMP file.

Change your background during a meeting

1. Go to the top of your meeting screen and select **More actions** **...** > **Video effects** .
2. Select **Blur** to blur your background, or choose from the available images to replace it. To upload an image of your own, select **Add new** and pick a .JPG, .PNG, or .BMP file from your computer. To turn off background effects, select **None** .
3. Select **Preview** to see how your chosen background looks before you apply it, and then select **Apply**.

Notes:

- Linux users aren't able to use this feature.
- Background effects won't be available to you if you're using Teams through optimized virtual desktop infrastructure (VDI).

*If your Teams video call is missing NLU backgrounds, download official pictures from <https://nl.edu/identity/zoom-backgrounds/> and add them to your application.