

# 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. Get it up and running before your next call with these super easy steps!

## COMPUTER

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Download your favorite background from [WearRedDay.org](https://www.WearRedDay.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 favorite GRFW 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 favorite GRFW background in the "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 GRFW background from your photo album.



## FREQUENTLY ASKED QUESTIONS



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

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

**Q:** Can I get my friends involved too?

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