

Zoom Suggestions

We suggest a few things to help you have a smooth zoom experience:

- Download the app at: <https://zoom.us/download>
- Register for a free account at: <https://zoom.us/signup>
- Test your sound and video settings before going to your meetings: <https://zoom.us/test>
- Make sure you are using the most up-to-date version of Zoom. (**version 5.7.7**)
- **Be sure you are signed into the app before clicking the meeting links**
- [Mute your microphone](#)
To help keep background noise to a minimum, make sure you mute your microphone when you are not speaking.
 - Stay on mute if you are not talking.
Background noise can be very distracting. If you aren't sharing anything at the moment, go ahead and hit mute until you do.
 - Be mindful of background noise
When your microphone is not muted, avoid activities that could create additional noise, such as shuffling papers.
- Don't do other private things while in a meeting.
It can be easy to forget that people can hear or see you.

We've included a few pictures and step-by-steps on the following pages.

How To Sign In on the Website: www.zoom.us

The screenshot shows the Zoom website's sign-in page. At the top, the Zoom logo is on the left, and navigation links for 'SOLUTIONS', 'PLANS & PRICING', 'CONTACT SALES', 'JOIN A MEETING', 'HOST A MEETING', and 'SIGN IN' are on the right. The 'SIGN IN' link is circled in red. The main heading is 'Sign In'. Below it are three input fields: 'Email Address' (containing 'rachel@saj.nyc'), 'Password' (with masked characters and a 'Forgot?' link), and 'Captcha Code' (with a 'refresh' button and a speaker icon). A blue 'Sign In' button is below these fields. At the bottom, there is a 'Stay signed in' checkbox (checked) and a 'New to Zoom? Sign Up Free' link. Red boxes with arrows point to the 'SIGN IN' link, the 'refresh' button, the speaker icon, and the 'Stay signed in' checkbox.

zoom SOLUTIONS PLANS & PRICING CONTACT SALES JOIN A MEETING HOST A MEETING SIGN IN

Sign In

Email Address
rachel@saj.nyc

Password
..... Forgot?

Captcha Code
refresh

Sign In

Stay signed in New to Zoom? [Sign Up Free](#)

Check to Stay Signed In

Changes the code to a new one

Speaks the code to you

How To Sign In on the app

Click to open the app icon



The screenshot shows the Zoom app's sign-in screen. The title is 'Zoom Cloud Meetings'. The main heading is 'Sign In'. There are two columns of input fields. The left column has 'Enter your email', 'Enter your password' (with a 'Forgot?' link), and a 'Keep me signed in' checkbox (checked). The right column has 'Sign In with SSO', 'Sign In with Google', and 'Sign In with Facebook'. A 'Sign In' button is at the bottom center. At the bottom left is a '< Back' link, and at the bottom right is a 'Sign Up Free' link. A red box with an arrow points to the 'Keep me signed in' checkbox.

Zoom Cloud Meetings

Sign In

Enter your email

Enter your password *Forgot?*

Keep me signed in Sign In

Sign In with SSO


Sign In with Google

Sign In with Facebook

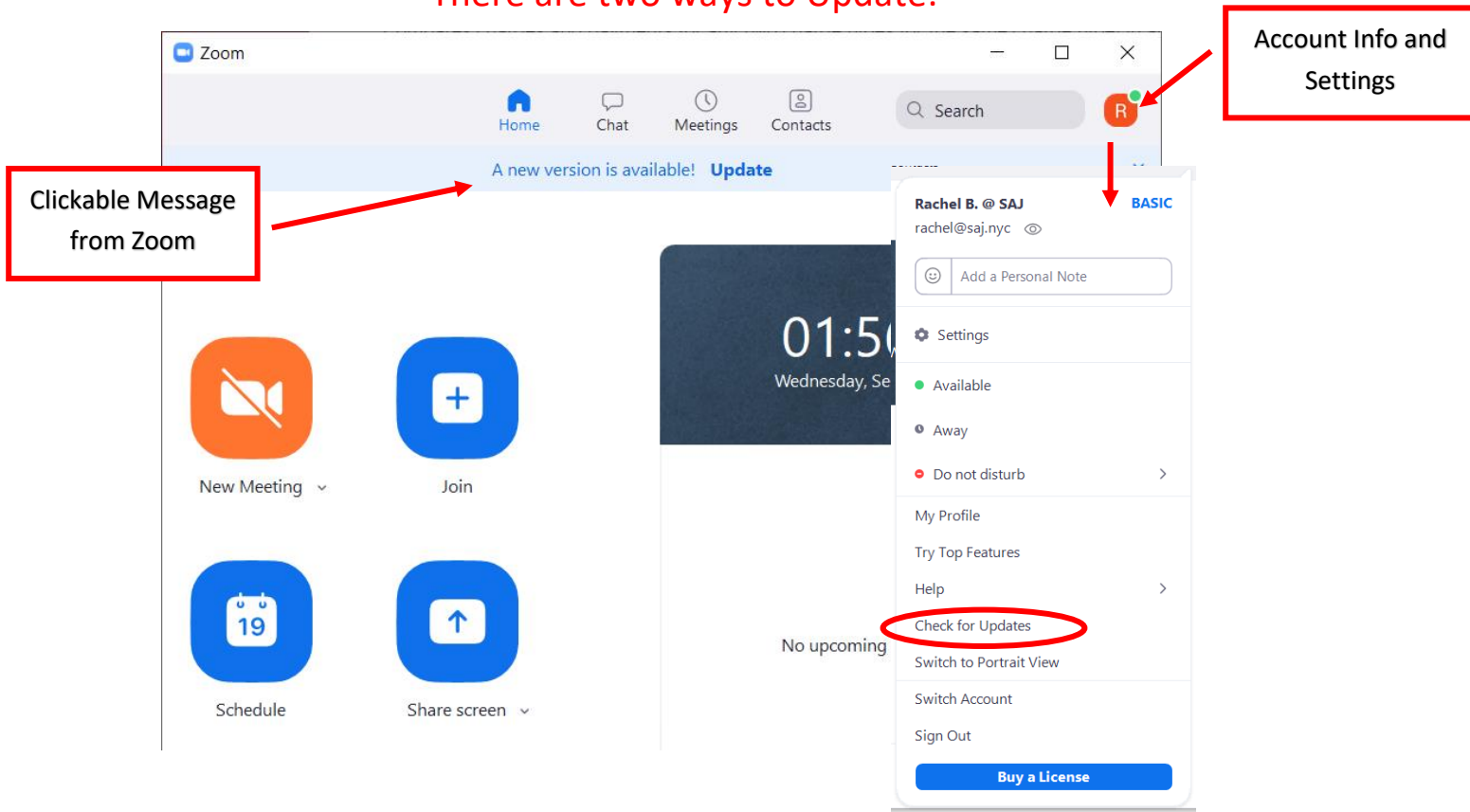
< Back Sign Up Free

Check to Stay Signed In

How To Update Zoom in the App :

Click to open the app icon 

There are two ways to Update:



TechBoomers on YouTube has many video tutorials that are clear and easy to follow. Go to [their YouTube channel](#) to see all of their videos.

[How to Sign Up for Zoom Video Conferencing](#)

[How to Use Zoom Video Conferencing - Beginners Guide](#)

AARP also has a video tutorial: [How to Use Zoom to Stay Connected](#)