

How to Turn Off My Video When Joining a Meeting

First-time users who select the “Always turn off my video” box will automatically have their video preference saved.

Returning users can update their video preferences and make video OFF by default through the Zoom client settings. The selection will automatically be applied to the user’s Zoom client settings and their video will be OFF by default for all future meetings.

If you do not want your video to start automatically when you join a Zoom meeting, follow the steps outlined below.

- Launch Zoom app on desktop
- Click **Settings** icon [1]. On the **Video** Tab [2] click the checkbox ‘Turn off my video when joining a meeting’ [3]. Video preferences will be applied to all future meetings.

