**Change your background for a Teams meeting**

*Microsoft Teams*

If you want to change what appears behind you in your video meeting or call, you can either blur your background, replace it entirely with any image you want, or use Teams virtual background template.

Note: Blurring or replacing your background might not prevent sensitive information from being visible to other people in the call or meeting.

Desktop

* Change your background before a meeting starts
* While you're setting up your video and audio before joining a meeting, select Background filters Background settings. It's just below the video image.
* Your background options will display on the right.
* 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.
* Your new background will persist in all your meetings and calls until you change it again.
* To turn off background effects, select Option for turning off background effect.
* Note: If you don't see this option in the menu, the feature might not be available on your device yet.

**Change your background during a meeting**

* Go to your meeting controls and select More actions Microsoft Teams more options icon > Apply background effects Background settings.
* 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 Option for turning off background effect.
* Select Preview to see how your chosen background looks before you apply it, and then select Apply.

Notes:

* For now, 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).
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