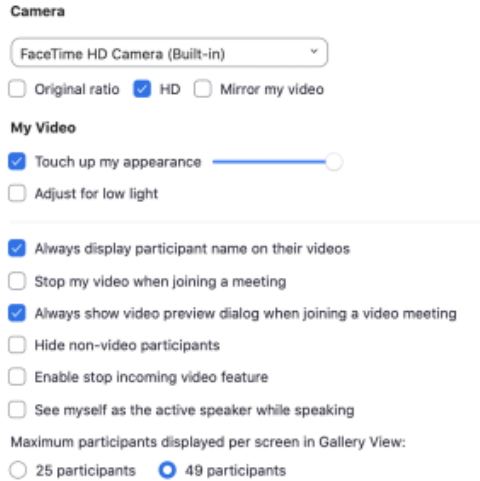# How to: Change Video Default on/off in Zoom

Step-by-step guide

1. While in a Zoom meeting, click on the ^ next to the camera icon.
2. While in Video Settings, check or uncheck the box next to "Stop my video when joining a meeting"

   a.

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