

Zoom for Narcotics Anonymous Meetings

#1 Download Zoom App OR go to Zoom.us on Desktop






Zoom App is **FREE** and safe to download.

Zoom is **secure** and private.

Create an account and sign-in via mobile or desktop.

Zoom access is available without downloading the app, but it is not as user-friendly.

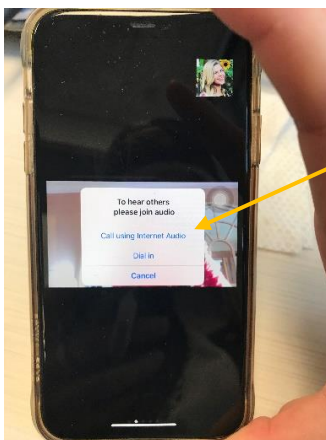
#2 Join Meeting (choose one)

-  **Call in on Cellphone or Landline:** “Dial by your location” +1 --- --- ---- (10-digit number)
-  **Video on Cellphone:** Click link “Join Zoom Meeting” (link shared on website, social media, or shared)
-  **Video on Laptop:** Go to zoom.us and enter **meeting ID** --- --- --- (9-digit code)

Zoom Video on Cellphone

Note: iphone and android may differ slightly in icons and icon positioning.

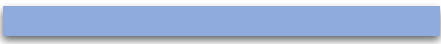
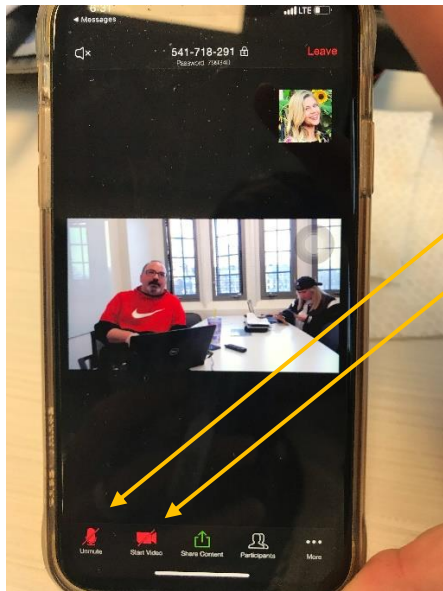
*After downloading app, **click on the link provided to you, or enter in your meeting ID.**
This window will pop up:*



Click “call using internet audio”


Tip: If you opted not to download the app, you can still click the link to access the meeting, but it will be through a browser window.

Once you select internet audio, **keep your mic on mute and connect your video.**



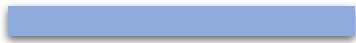
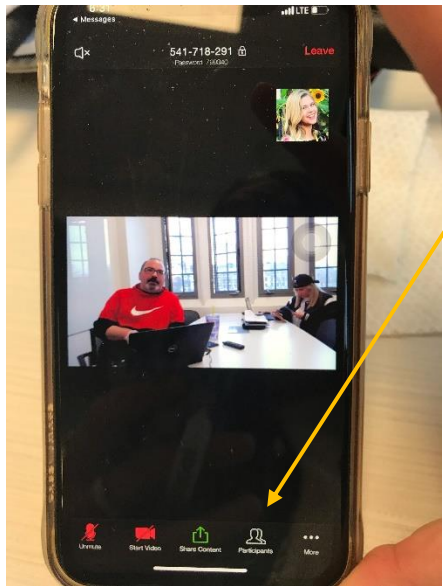
Stay muted when logging-in

Connect by video by clicking video icon

This means you are muted: 

This means you are unmuted: 

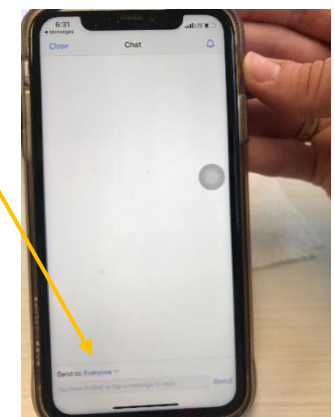
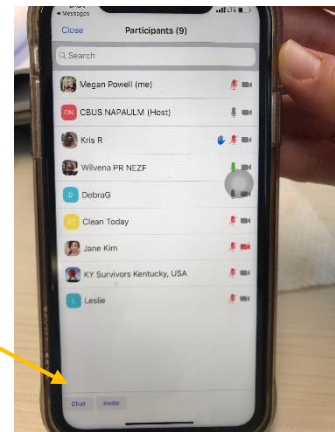
Use the **chat feature** to comment and ask questions.



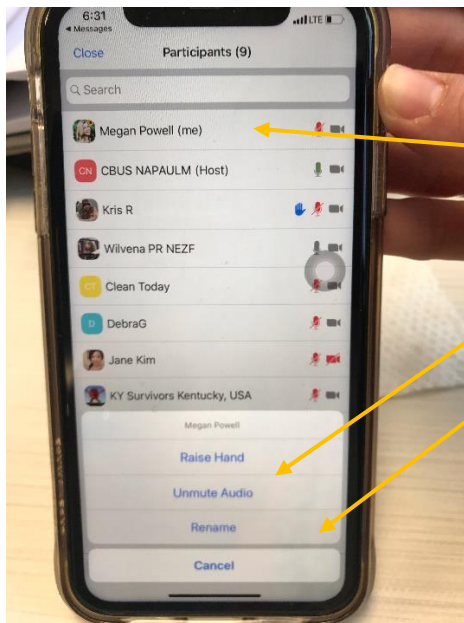
To access **CHAT** click Participants

Click "Chat"

Set to "Everyone"



“Raise your hand” for a turn to speak. Lower your hand, mute, and unmute.



Click your name

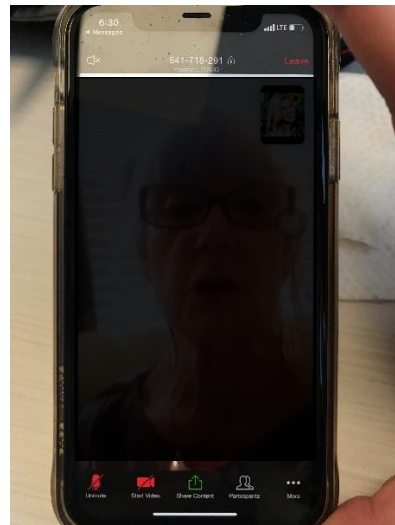
This “options window” pops up

Raise Hand 🖐️

Raise your hand when you want a turn to speak.

Tip: After you speak, remember to click your name, and select “Lower Hand”.

Swipe your screen to change your view of other participants.



Swipe left from the active speaker view to switch to gallery view.

You can **view up to 4 participants' video** at the same time.

Keep swiping left to view more participant's video.