Why is my video backwards during Zoom meetings and how can I change it?

Zoom automatically mirrors your video when you join a meeting. This is done mostly for user comfort, as the image you see reflects what you see in the mirror every day.

Amazingly, Zoom understands this is not an ideal way to present to others and so, rest assured, the video your audience sees is *not* mirrored. For example, if you are reading a book your audience will see the illustrations and/or text the way it is meant to be displayed!

You can turn on/off mirroring when you start a meeting by following this procedure: join meeting —> click up arrow on Video icon —> go to video settings —> click on/off 'Mirror My Video' and see which view works for you!