How to use Zoom:

To sign in, use your Zoom, Google, or Facebook account. You can also [log in using SSO](https://support.zoom.us/hc/en-us/articles/201800126). If you don't have an account, click [Sign Up Free](https://zoom.us/signup). If you have a Zoom account but cannot remember your password, click Forgot.


Home

After signing in, you will see the Home tab, where you can click these options:



* New Meeting: Start an [instant meeting](https://support.zoom.us/hc/en-us/articles/201362533-Meet-Now-vs-Scheduled-Meetings). Click the downwards arrow to enable video or use your [personal meeting ID (PMI)](https://support.zoom.us/hc/en-us/articles/203276937-Using-Personal-Meeting-ID-PMI-) for instant meetings.
* Join: [Join a meeting](https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting) that is in progress.
* Schedule: [Set up a future meeting](https://support.zoom.us/hc/en-us/articles/201362413-How-Do-I-Schedule-Meetings-).
* Share Screen: [Share your screen in a Zoom Room](https://support.zoom.us/hc/en-us/articles/203727929-Screen-Sharing-with-Zoom-Rooms) by entering in the sharing key or meeting ID.

You can have a general chat with people by messaging on Zoom, without having to go on a video/audio call by clicking on a contact and “Chat’’ button.