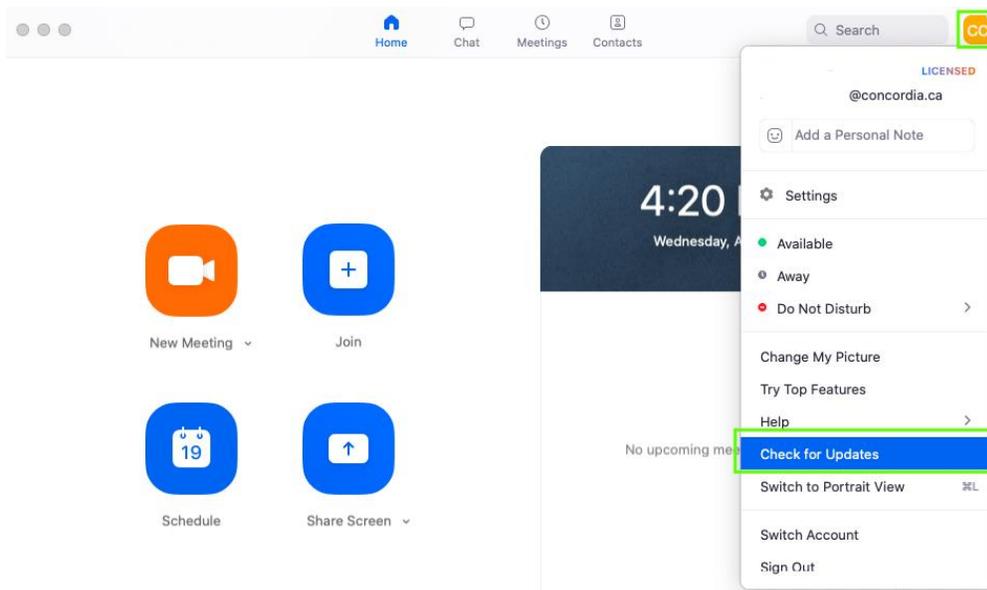For Mac computers:

1- Quit and reopen the Zoom desktop application:
Click on the small Zoom icon next by the time and date in the top right of your screen.

2- Go to the Zoom dropdown menu, far right in the banner across the top of the application.
Click on Check for updates

3- Zoom will then automatically check for available updates and download the latest version. Once the download is complete, click Update Now. Upon completion of that process, which should only take 30 seconds to 1 minute, you will now be up to date.