

Keyboard shortcuts for Teams meetings and calls [1]

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Ever had to quickly mute yourself in a meeting and struggled to find the mute button on the screen? With Teams keyboard shortcuts, you can mute/unmute, turn the camera off and on, and blur the background easily.

For Windows:

- To mute or unmute during a call on Teams, click **CTRL+SHIFT+M**
- To turn the camera on and off, click **CTRL+SHIFT+O**
- To blur background, click **CTRL+SHIFT+P**

For macOS:

- To mute or unmute during a call, click **COMMAND+SHIFT+M**
- To turn the camera on and off, click **COMMAND+SHIFT+O**
- To blur background, click **COMMAND+SHIFT+P**

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