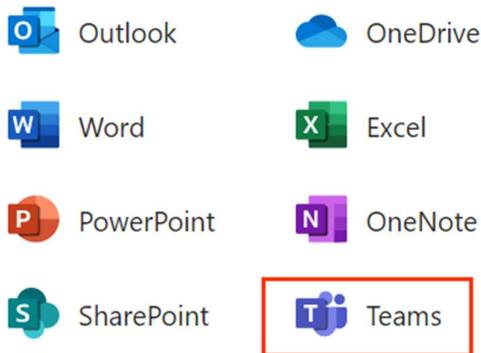


Download and install Microsoft Teams:

1. Sign in to [Microsoft 365](#). Use your Microsoft 365 email address and password.
2. Select the menu button, and then select **Teams**.



Microsoft 365



3. After Teams loads, select the settings menu in the upper-right corner, then select Download the desktop app.



Settings

Keyboard shortcuts

About >

Download the desktop app

Download the mobile app

4. Save and run the downloaded file.
5. Sign in with your Microsoft 365 email address and password.
6. You now have Teams on your computer.