**How to reduce noise in MS Teams**

Video to watch on how it reduces the noise <https://www.youtube.com/watch?v=DMtWR-SQd68>

1. Click on your **profile picture or where your initials** are in the top right hand corner of MS Teams
2. Click on **Settings**



1. Click on **Devices** on the left hand side column



1. Here you will see “**Noise Suppression**” heading



1. Click on the drop down and change to **High**

