First, click on your profile picture, the small circle in the top right corner of the Zoom application page.

Next, click “settings” in the drop-down menu.
Select “audio” from the left-hand menu in the settings window.

Be sure the automatic volume adjustment is off (unchecked), as in the image.
After this, move to advanced settings at the bottom right.
If you have any further difficulties, or if you are using a Mac computer with some differences in settings, be sure to refer to the link below.


In the advanced settings, all background noise suppression should be disabled.

Be sure to check the top option to “enable original sound.”