**Instructions for how to join the online Ion Channel Journal Club meetings.**

1). Click on this Participant link: <https://bluejeans.com/306648139>

         (There is also a Passcode: 9868, but you won't have to use it.)

2). When you get into the meeting, click the icon that shows a camera (top of your screen) so your **video** is **ON**.

3). Initially, to say “Hello” to everyone, click the icon that shows a microphone (top of your screen), so that your audio is ON (Unmute) **BUT then turn it** **OFF** (Mute). Turning your audio OFF (Mute) decreases the background noise so the presenter can be heard clearly. When you want to make a comment or ask a question, turn your audio **ON**. When you finish commenting/asking, please turn your audio back **OFF**.