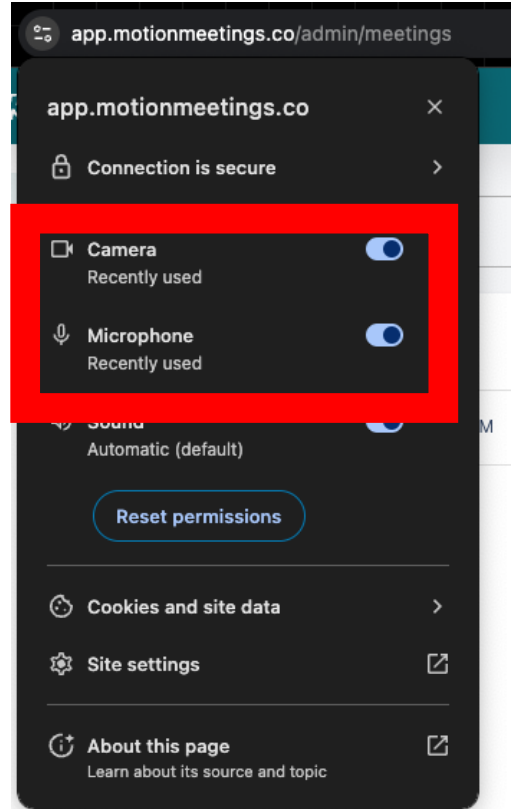In Google Chrome, once you have joined the meeting click on the icon next to the URL and make sure that camera and microphone are turned on

On a mobile device, make sure you click allow when the pop up appears. If it doesn't appear, click on the icon in the URL bar, then the 3 dots, and enable permissions