https://support.zoom.us/hc/en-us/articles/201362233-Upgrade-update-to-the-latest-version
Zoom desktop client (PC, Mac, or Linux)
Zoom provides a pop-up notification when there is a new mandatory or optional update within 24 hours of logging in.
You can also manually download the latest version by:
Clicking on **download** from the link at https://zoom.us
Directly from one of the following links
https://zoom.us/support/download
https://zoom.us/download
https://zoom.us/download2
Note: https://zoom.us/download is hosted on cloudfront.net while https://zoom.us/download2 is hosted on zoom.us

https://www.whatismybrowser.com/guides/how-to-update-your-browser/

Here's what you'll find on that website:

List of guides to update different web browsers

How to update Chrome

How to update Chrome on iPhone

How to update Chrome on Android

How to update Microsoft Edge

How to update Firefox

How to update Firefox on iPhone

How to update Firefox on Android

How to update Internet Explorer

How to update Safari

How to update Safari on iPhone

How to update Safari on iPad