```
import cv2

# Load the pre-trained Haar Cascade for face detection

face_cascade = cv2.CascadeClassifier(cv2.data.haarcascades +
'haarcascade_frontalface_default.xml')

# Start video capture

cap = cv2.VideoCapture(0)

while True:

    # Capture frame-by-frame

    ret, frame = cap.read()


    if not ret:

        break

    # Convert the frame to grayscale

    gray = cv2.cvtColor(frame, cv2.COLOR_BGR2GRAY)


    # Detect faces

    faces = face_cascade.detectMultiScale(gray, scaleFactor=1.1, minNeighbors=5, minSize=(30, 30))


    # Draw rectangle around the detected faces

    for (x, y, w, h) in faces:

        cv2.rectangle(frame, (x, y), (x + w, y + h), (255, 0, 0), 3)

    # Display the resulting frame

    cv2.imshow('Face Detection', frame)

    # Break the loop if 'q' is pressed

    if cv2.waitKey(1) & 0xFF == ord('q'):

        break

# When everything is done, release the capture and close windows

cap.release()

cv2.destroyAllWindows()
```