HOW CAN WE IDENTIFY IF THE INFORMATION ON THE INTERNET IS *ACCURATE*?

BEING CORRECTLY INFORMED IS YOUR RIGHT. HERE ARE SIMPLE STEPS WE CAN TAKE TO AVOID BEING MISINFORMED.

1 CHECK THE SOURCE
- Is it reliable?
- Does it sound familiar?

2 LOOK FOR OTHER SOURCES, COMPARE AND ASK QUESTIONS
- Search: explore what other sources exist on the subject
- Compare: what do the other sources say?
- Ask your health provider.

3 WHO SHARED THE INFORMATION WITH YOU?
- Do you trust that person?
- People you trust can also share misinformation without knowing.

4 READ, LISTEN, OR WATCH ALL THE CONTENT
- Don't just read the headline.
- Check if the date is current and if it has a real author

5 IF THE INFORMATION COSTS MONEY OR YOU ARE ASKED TO PAY FOR ACCESS, THINK TWICE
- Most health information is free and accessible without a subscription.

6 TAKE A MOMENT TO LOOK AT THE ADDRESS OR LINK TO THE PAGE, IS THERE ANYTHING UNUSUAL?
- A link starting with https:// means your information is protected.
- The ending is also important, common ones are .com, .org, .edu and .gov.

7 WHAT IS THE TONE OF THE NOTE?
- False information tends to be alarmist, urgent and exaggerated.

8 IF YOU ARE OFFERED A MIRACLE CURE OR SOLUTION, IT'S PROBABLY A LIE.

9 AS MUCH AS POSSIBLE, KEEP UP TO DATE WITH WHAT IS HAPPENING
- The more informed we are, the more prepared we are.

10 DO YOU KNOW OF ANY COMMUNITY ORGANIZATIONS YOU TRUST? MAYBE THEY CAN HELP YOU!

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