

## ADDRESSING

# Health Misinformation

**Misinformation** is knowledge or advice that is not true or does not come from facts. Misinformation about health is a problem and can be dangerous. If you are not sure if something is true, do not share it and ask a trusted person!

## How do I know if something is true? Ask yourself these questions:



Does the information match what the Centers for Disease Control and Prevention (CDC) and public health departments are saying?



Does the information match what your doctor, nurse, or other trusted healthcare worker says?



Is the information from a source that you can trust, such as a university, government group, or disability organization?

## Why do people share misinformation?



- They do not know it is not true
- They did not check the information before sharing
- They want to share things that other people might not know
- They want to share information to help protect friends and family

## What does misinformation look like?

- Pictures that started as a joke, but people think are real
- Websites that look real, but have information that is not true
- Quotes with parts of the information changed or taken out
- Statistics (facts about groups of people) that do not include important details
- Graphs or charts that look real but do not include all the information people need
- Sharing pictures or news articles that have old information
- Videos or photos that have been changed



## How do I respond to someone sharing misinformation?



- Try to understand why they think and feel the way they do
- Share information you know to be true and that you trust
- Do not get angry at people for their beliefs or fears
- Use language that is easy to understand