

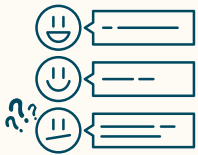


# How to avoid health MISINFORMATION and find reliable information!



The internet gives us easy access to a huge amount of health information. However, it can be difficult to sort out good information from wrong or misleading information. Here are quick tips for finding reliable information and avoiding misinformation.

## What are misinformation and disinformation?



**Misinformation** is information that is false or misleading according to the best available evidence. People often share misinformation without knowing it is wrong.



**Disinformation** is misinformation people spread on purpose to do harm.

Misinformation and disinformation **can cause people to make decisions that put their health at risk.** That's why it is important to watch out for misinformation and only share reliable information.

## How do I identify misinformation?

Here are some ways of checking whether something you hear or see online could be misinformation:

### Trusted public health sources

- Kitsap Public Health District: [kitsappublichealth.org](http://kitsappublichealth.org)
- WA State Department of Health: [doh.wa.gov](http://doh.wa.gov)
- CDC: [cdc.gov](http://cdc.gov)



**Check trusted sources**, such as local, state and national public health department websites, to see if the information is true, or talk to your healthcare provider.



**Look closely at the source of the information.** Does the claim appear on graphic with no source or link to information? Is the information old or recent? Does it come from an organization or news source you've never heard of? Or does it come directly from a source you trust, such as a university or hospital?

## Addressing misinformation

Misinformation affects us all and everyone has a part to play in addressing misinformation online and in our community.



We compiled a toolkit of resources to help people and organizations plan for, identify, and effectively address misinformation. To access the toolkit, scan the code above or go to [kitsappublichealth.org/news](http://kitsappublichealth.org/news)

### Talking about misinformation

**Talking to people** about misinformation they might be hearing or sharing can help prevent harm. Remember to:



**Listen**



**Empathize**



**Point to trusted information sources**