

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 misinformation? Ask yourself:

- 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 family and friends



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
- 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 that 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

*Messages adapted from the Office of the Surgeon General, 2022