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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