MY HEALTH CAN'T WAIT

Don't Let Online Medical Misinformation Stop You from Prioritizing Your Health

Having the information you need to feel confident about prioritizing your health can be one of the first steps you take on your path to saying "My Health Can't Wait." But with so much information out there, it can be difficult to determine what's fact and what's fiction. In a world full of information, and sometimes misinformation, here are some key things to remember.

Lies can spread faster than the truth[1]

Medical misinformation can have negative consequences[2]

You can stop the spread

3 Steps to Identify Online Medical Misinformation*

Look Past the Headline
Sensationalized headlines or memes may not give you the full story and may not be fully supported by the rest of the article that's being shared. Be sure to read the entire article so you are fully informed.

Find the Source Within the Source
Once you've read the full article, check what resources are being used. This will help you see where the information is coming from and determine whether the references substantiate the claims in the article.

Remember that Reputation Matters
Not all resources are created equal. It's best to trust reputable sources like the CDC, AMA, or peer reviewed, scientific journals over other sources of information.

*We consulted sources like the NIH[3], CDC[4] and the World Health Organization[5] on these recommendations.

When in doubt, ask a professional, not the internet

Your doctor knows your specific health situation better than an internet search ever will. If you have questions, prioritize a discussion with your doctor. Not sure where to start? Visit **myhealthcantwait.com** for discussion guides, FAQs, telehealth 101 resources and more to help you get the information you need to prioritize your health and pursue care with confidence.

References: 1. Bridgman, A.; Merkley, E.; Loewen, PJ; Owen, T; Ruths, D.; Teichmann, L.; Zhilin, O. (2020). The causes and consequences of COVID-19 misperceptions: understanding the role of news and social media. The Harvard Kennedy School (HKS) Misinformation Review. https://doi.org/10.37016/mr-2020-028 Accessed 3 Nov. 2020. **2.** Vosoughi, Soroush, et al. "The Spread of True and False News Online." Science, vol. 359, no. 6380, 8 Mar. 2018, pp. 1146–1151, science.sciencemag.org/content/359/6380/1146, 10.1126/science.aap9559. Accessed 3 Nov. 2020. **3.** National Center for Complementary and Integrative Health. "Finding and Evaluating Online Resources." NCCIH, Jan. 2018, www.nccih.nih.gov/health/finding-and-evaluating-online-resources. Accessed 3 Nov. 2020. **4.** Centers for Disease Control and Prevention. Social Scuttlebutt? Be Prepared to Stay Informed in an Emergency | | Blogs | CDC. 18 Nov. 2019, blogs.cdc.gov/publichealthmatters/2019/11/socialmedia/. Accessed 3 Nov. 2020. **5.** World Health Organization. "Countering Misinformation about COVID-19." Www.Who.Int, www.who.int/news-room/feature-stories/detail/countering-misinformation-about-covid-19. Accessed 3 Nov. 2020.

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