

Health misinformation

Health misinformation includes false or misleading information about health topics that can lead to harmful decisions. This can come from various sources, including social media, websites, and even word-of-mouth.

1

Check the source

Look for information from reputable health organizations, such as the Public Health Agency of Canada, WHO, or your local health department

2

Look for evidence

Reliable health information is usually backed by peer-reviewed studies and scientific consensus. Be wary of anecdotal evidence.

3

Consult a professional

When uncertain about health information, consult a health care provider. They can provide guidance based on current research and your individual health needs.

Be critical: what can you do?

Educate yourself: stay informed through credible sources

Share responsibly: before sharing health information, verify its accuracy

Report misinformation: if you encounter false claims online, report to the platform

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