# Health Misinformation Checklist

Health misinformation, or false information about health, is often shared online, and it's important to know when it's safe to use or share that information. Misinformation can lead people to make risky choices about their health.

Use this checklist to check the accuracy of health information you find online.

✅ **Always Check the Date.** Sometimes people share old information that is no longer relevant. Make sure that the information you're reading is up to date.
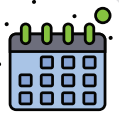
✅ **Review the Source.** What is the purpose of the account or website? Visit the source's profile bio or "About Us" page. This will help you to understand if the source is meant to entertain or inform.

✅ **Be Careful Online.** Don't take one sources word for it! Double check what you've learned with other trust worthy sources like your local health department or official government health agencies.

✅ **Think First!** Avoid taking or sharing health-related advice you see online if you feel unsure about it.

✅ **Ask an Expert.** If you still aren't sure if the information is true, reach out to a health care professional or your local health department to help you understand the information.

Other trustworthy sources may include:

- Rockford REGIONAL HEALTH COUNCIL
- NIH National Institutes of Health — Turning Discovery Into Health
- CDC Centers for Disease Control and Prevention
- Winnebago County Health Department

Always look for a website that ends in **.edu** or **.gov** for the most reliable and up to date information.

Did you Know?

The HHS describes health misinformation as information that is **false** or **misleading.** Health misinformation can include topics like diseases, illnesses, possible treatments and cures, vaccines, diets, and cosmetic procedures.

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