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# HOW TO RECOGNIZE MISINFORMATION

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## STEP 1. CONSIDER THE SOURCE



Take time to look up a source on your phone or a new window.  
Double check the expertise or credentials of people on social media.  
Do other reputable organizations say this source is credible?

## STEP 2. EXAMINE THE CONTENT



Evaluate the claims made by social media posts.  
Does the author cite their sources? Is the information out of date?  
Check across multiple sources for consistency.

## STEP 3. CHECK YOUR EMOTIONS



Emotional language is meant to persuade you, not always inform.  
Misinformation often uses angry and fearful messages.  
Are your emotions hurting your ability to critically think?

## STEP 4. ASK TRUSTED EXPERTS



Work with and ask experts when you are not sure about something.  
Health decisions are based on health, not politics.  
Ask your local doctor about vaccines and other health decisions.