# Health ~~Misinformation~~ Checklist

Information that is false, inaccurate, or misleading according to the best available evidence at the time

Use this checklist every time you come across health-related content you are not sure about.

☑ Did you check with the CDC or local public health department to see whether there is any information about the claim being made?

☑ Did you ask a credible health care professional such as your doctor or nurse if they have any additional information?

☑ Did you type the claim into a search engine to see if it has been verified by a credible source?

☑ Did you look at the "About Us" page on the website to see if you can trust the source?

☑ If you're not sure, don't share!

**Office** *of the* **U.S. Surgeon General**

Read the Health Misinformation Community Toolkit at **SurgeonGeneral.gov/HealthMisinformation**