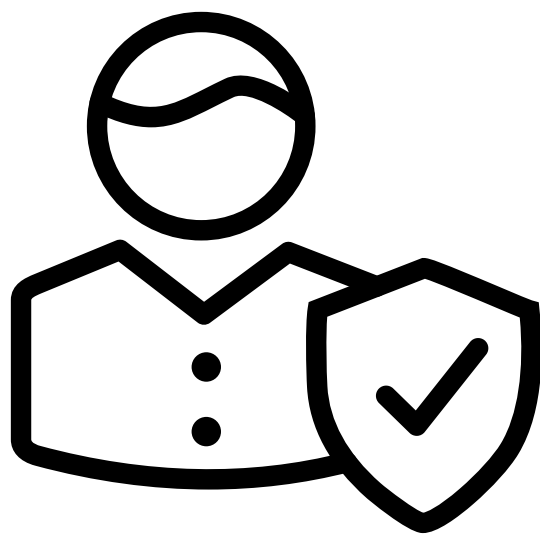


Before You Share Information...

1

Check that the source is trustworthy!

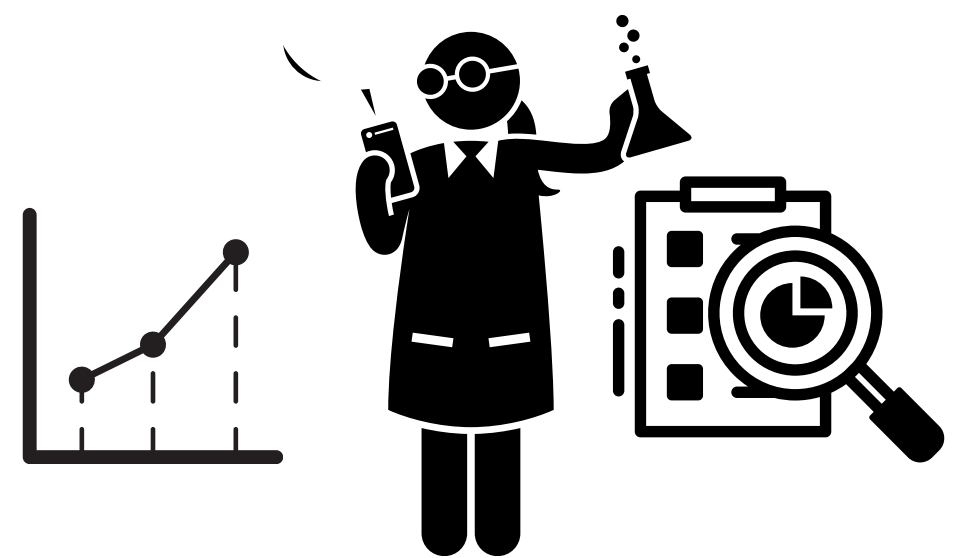
Check who the author is. Is this someone you trust for health information? If you heard the information from someone, ask them who the original source is.



2

Check for supporting evidence!

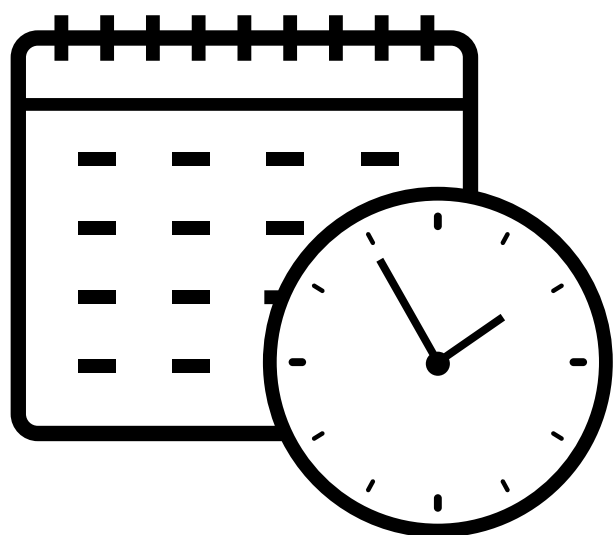
Information should be supported with facts. Look or listen for things like statistics, study results, and quotes from experts.



3

Check the date!

Is the information fairly new? The more recent the information is, the more likely it is up to date.



Source: World Health Organization

Do you still have questions about the information?

Talk to your health care provider or a member of your community health team.

For more resources, visit www.slnha.com or email acwinfo@slnha.com



Sioux Lookout
First Nations
Health Authority

Stop the Spread of Misinformation