What COVID-19 information can I trust?

We have been connecting with the lived experience community and heard that with all the information out there about COVID, vaccines and everything, **it is hard to know what information is true, what is fake and where to get the 'best' information.**

This can impact the choices we make as well as our mental health and wellbeing.

You may find the **SIFT technique*** useful to check the reliability and trustworthiness of information.

(L)(E)(L)(A)(N)
www.lelan.org.au

What
**COVID-19
information**
can I trust?

STOP

and think before you take anything as fact.

What **COVID-19 information** can I trust?

INVESTIGATE

the source - who is providing this information?

What **COVID-19 information** can I trust?

FIND

better coverage.
Cross-check the information
with trusted sources.

What
**COVID-19
information**
can I trust?

TRACE

claims, quotes and media to the original source of information.