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.

*developed by **Mike Caulfield**Digital Literacy Expert, Washington State University





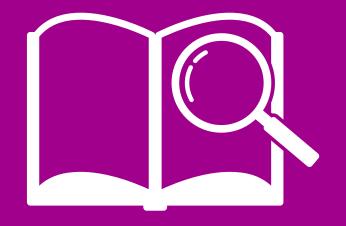


STOP

and think before you take anything as fact.







INVESTIGATE

the source - who is providing this information?







FIND

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







TRACE

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



