



Vaccine Information: Where can we find the truth?

1

Check the source

- Use trusted health organizations like the American Academy of Pediatrics or the Immunization Action Coalition.
- Make sure the author is a medical expert, not an influencer or celebrity.

2

Check the information

- Make sure the information is up to date.
- Look for clear, professional writing (not lots of errors).
- Look for data, not just opinions.
- See if other trusted sources say the same thing.
- Watch for one-sided messages or "miracle cure" claims.
- Question messages that promote conspiracies (example: claims that doctors or the government are hiding "the truth").
- Be mindful of messages that use scary or dramatic words to get your attention (like "toxic" or "dangerous").

3

Ask questions

- If you have doubts about the message, don't share it.
- If you are unsure about the information, talk to your health care provider.

4

Vaccine Information Resources

- [aap.org](https://www.aap.org)
- [voicesforvaccines.org/resources](https://www.voicesforvaccines.org/resources)
- [vaccineinformation.org](https://www.vaccineinformation.org)