



VACCINE INFORMATION: WHERE CAN WE FIND THE TRUTH?

With so much information about vaccines available on social media, the internet, written articles and other sources, how do we know what information is true or that the sources are trustworthy? The steps listed below will help you find trusted sources as well as factual information about vaccines.

1

Is the source trustworthy?

- Who wrote the post or article; are they qualified to be a vaccine expert?
- Will the author benefit personally or financially if their advice is followed?
- Check the end of the web address to see if the organization/publisher is well-known (e.g., .edu, .gov or .org, .com.).

2

Are there any "red flags"?

- Does the information seem "one-sided" or biased?
- Is the information outdated? Is the grammar poor or are words misspelled?
- Is there a claim of a miracle or secret cure?

3

Is the information true or accurate?

- Is the information based on scientific evidence and fact?
- Is the original source listed?
- Do other sources back up the information?

4

Important to Remember:

Even when you are able to find trusted sources and authors, internet searches, articles, and posts should never replace discussing vaccine concerns with your health care provider.

Vaccine Information Resources

1. [cdc.gov/vaccines-children/about/index.html](https://www.cdc.gov/vaccines-children/about/index.html)
2. [vaccineinformation.org](https://www.vaccineinformation.org)
3. [stronger.org/resources/how-to-spot-misinformation](https://www.stronger.org/resources/how-to-spot-misinformation)