

About COVID-19 Vaccines

Building Vaccine Confidence Through Knowledge

Making an Informed Decision

Here are some tips to help you make an informed decision when researching or hearing information about the COVID-19 vaccines from friends and family, on the internet, social media or other media.

Consider the Source

Who or what agency is sharing the information? Look to see if they are a respected expert in the field of vaccination and infectious disease. Check the date. Has the situation changed since the information was shared, making it outdated?

Look for information from reliable sources like the Public Health Agency of Canada or local public health authorities.

Read Beyond Headlines

Headlines are often sensational to grab attention. They often don't tell the whole story.

Read the full story to make sure that you understand the information in its full context.

Dig a Little Deeper

Look to find where the information is coming from. Is it fact or opinion? Some articles, stories or posts disguise opinions as facts.

Try to determine what is motivating the author to share their message.

Verify the Information

We are bombarded with information these days. It can be difficult to sort out what is high quality information from low quality or misleading information.

If you have questions, ask your healthcare provider or your local public health agency. Visiting respected websites like the World Health Organization or Fact-check websites like Google's Fact Check Tools can also be helpful to verify COVID-19 information you come across.

Think Critically When Using Social Media

Social media is an incredibly valuable tool to keep people informed. Users are empowered to create and share content. Unfortunately, this includes fake news. Be aware and avoid contributing to any misinformation.

Before believing, posting or sharing, read beyond headlines, dig a little deeper and verify the information.



Information can be overwhelming, and these are stressful times. You are not alone. Reach out to your local helpline to find support (or visit [cmha.ca](https://www.cmha.ca)). Taking care of your mental and physical health is important.



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