



How to spot FAKE news!

Distinguish between facts and false information.



Today's media offers several places where you can read, watch or listen to information about cannabis, alcohol or other substances. But how do you tell what is real or false on television, the internet, in print or on the radio? Start by asking yourself these questions.

- ✓ **What is the source?** Look at the story. If online, click off the story to explore the mission of the website/ organization and contact information.
- ✓ **Read beyond the headlines.** Headlines are supposed to capture attention, but they don't tell the whole story.
- ✓ **Is it a joke?** If it seems too good to be true, it probably is. Make sure it is real. See if the website and author are real and credible.
- ✓ **Who is the author?** Do a quick online check of the author. Are they real? Are they credible?
- ✓ **Check the date of the story.** When was the story published? Old news may not be relevant to current events.
- ✓ **What are the supporting sources?** Do they support the story? Online: click on the links to see where you go.
- ✓ **Ask the experts.** If in doubt about a source, ask a librarian. To verify facts, ask a health care provider or consult a reliable website.
- ✓ **Check your own biases.** Are your beliefs affecting your judgement?

For more information visit the [Ottawapublichealth.ca/FakeOrFact](https://ottawapublichealth.ca/FakeOrFact)

Adapted from the International Federation of Library Associations and Institutions: "How to spot fake news" infographic.