1) FOCUS ON FACTS
Do not rely on friends’ opinions, online theories, gossip, conflicting news stories, social media or political speeches. Not all information is accurate. YOUR HEALTH and LIFE depend on facts from trusted science and medical experts.

2) USE TWO TRUSTED SOURCES THAT WILL HAVE UP-TO-DATE INFO
Centers for Disease Control and Prevention

World Health Organization

3) CHECK THREE TIMES DAILY
Situations change rapidly. Be aware of misinformation and disinformation. Check reliable sources 3x daily.

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