



Paramedic Chiefs
of Canada

Chefs Paramédics
du Canada

Paramedic Services Week

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Pandemic: Paramedics on the Front Line

STAY INFORMED

There are many sources of information on health, more specifically on COVID-19 these days: websites, television shows, magazines, news media, social media such as Twitter, Facebook, etc.

However, credible sources of information are sometimes lost in a flurry of sources that do not have any recognized scientific basis and may even contain misleading information.

A large source of frustration and anxiety can be misinformation. Staying informed is important and helpful in comforting ourselves in knowing we are doing the right things, staying in control of what we believe and our decisions involving our health.

You can find trustworthy information on health problems, prevention advice, etc. by keeping in mind that a reliable source does the following:

- Clearly articulates its mission and purpose
- Offers current information based upon serious scientific data approved by recognized organizations and experts
- Indicates the groups or organizations financing it as well as their contact information, where applicable

Here are a few questions to ask yourself to find out if a source of information is reliable:

- What is the mission and purpose of the source of information?
 - Does it aim to inform the public?
 - Does it support a personal cause or a specific group?
 - Is it selling products or documents?
- What is the basis of the information given?
 - Is it personal testimonials or opinions?
 - Is the information based on serious scientific data approved by recognized organizations in the field?
- What is the source of information's competency in health issues?
 - Is it someone with recognized medical training?
 - Is it a health organization recognized in the health field?
 - Is the person a member of recognized associations of health professionals, doctors, nurses or scientists?
Some writers are merely presented as eminent "specialists", internationally recognized researchers or renowned scientists. If there is no further mention of their training or their membership of a recognized organization, be wary of the information
- Is the information current?
 - Does it refer to current data?