

# NAVIGATING THROUGH COVID-19 NEWS

## A Guide to Credible Sources



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School of Public Health

For Careers in Public Health

Event Only

During these times, the media provides new reports on COVID-19 daily. With more information, it can be difficult to distinguish facts from myths. This document lists sources on COVID-19 updates, safety tips, and media resources.

### COVID-19 UPDATES

Refer to the following for safety guidelines and common questions:

- Centers for Disease Control and Prevention (CDC)
- World Health Organization (WHO)
- National Institute of Health (NIH)



### IDENTIFYING MYTHS & RUMORS

Rumors, treatment claims, and scams are on the rise. Find out the truth by referring to the following sources:

- World Health Organization (WHO)
- Federal Trade Commission (FTC)
- National Institutes of Health (NIH)



Scan the QR code to see *Coronavirus disease (COVID-19) advice for the public: Mythbusters* from the World Health Organization

### FOOD SAFETY & PURCHASING

Juggling between canned foods or fresh foods? Learn what foods to buy and how to keep foods fresh with the following resources. Family-friendly and budget-friendly recipes are available:

- EatRight.org
- U.S. Department of Agriculture (USDA)



### FOOD ASSISTANCE<sup>1</sup>

COVID-19 has led to recent changes in employment and income for many. The following programs may assist those who are eligible:

#### Income-based Programs

- SNAP - Also known as *CalFresh* in California. Participants can buy groceries on Walmart.com and Amazon.com
- WIC - For pregnant women, new mothers, infants, and children up to 5 years old.

#### Families with Children

- CA Meals for Kids Mobile App

#### Seniors

- Great Plates Delivered (select cities in California)

Scan the QR code to visit **COVID19.CA.GOV** to learn more.



### CREDIBLE MEDIA RESOURCES

#### World Health Organization (WHO)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

#### Center for Disease Control and Prevention (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.coronavirus.gov/>

#### U.S. Food and Drug Administration

<https://www.usda.gov/coronavirus>

#### Federal Trade Commission

<https://www.ftc.gov/coronavirus/scams-consumer-advice>

### STOP FAKE NEWS FROM SPREADING<sup>2</sup>

Fake news is often shared through social media or messenger apps. Not all information shared through WhatsApp, Facebook Messenger, and WeChat is true.

- Be skeptical. Check the facts with credible resources (see above).
- Personal stories about treatments or cures are *not* reliable evidence.
- Remember, there is *currently* no approved cure or supplement for COVID-19.



# CALIFORNIA COVID-19 HOTLINE

## 833 - 422 - 4255

#### References:

<sup>1</sup> State of California. Getting food. CA.GOV. <https://covid19.ca.gov/food-resources/>. Accessed July 24, 2020.

<sup>2</sup> Shmerling RH. Be careful where you get your news about coronavirus. Harvard Health Blog.

<https://www.health.harvard.edu/blog/be-careful-where-you-get-your-news-about-coronavirus-2020020118801>. Published May 15, 2020. Accessed July 24, 2020.