# Coronavirus stories and tips that sound a little off, probably are

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Do you ever hear something shared as a fact or tip from a friend or read something on social media that just seems a little bit off? This happens all the time, but it seems especially so now with the coronavirus and all things related to it. One recent example: while listening to a radio talk show that featured a well-known doctor, a caller asked if it was true that using a hair dryer pointed up your nostrils could help protect you by killing the virus with the hot air before it travels to your lungs. The host of the show spoke up and said he too had heard this technique, but wondered whether it was true. Well, the doctor shared that it isn't true, and that doing this could actually be harmful to you by burning your nasal membranes. This is just one of many stories being passed around about coronavirus-related issues that are just not true. This has become such a problem, that the Federal Emergency Management Agency, more commonly referred to as FEMA, has a page on their website to help the public distinguish between rumors and facts regarding the response to the coronavirus (COVID-19) pandemic. Click on this link to visit their Coronavirus Rumor Control page.

While some stories or tips can be harmless, others can be dangerous or cause anxiety and fear in people that is unnecessary. Do your part to the stop the spread of rumors by doing three easy things:

1. Find trusted sources of information. (websites like www.cdc.gov and www.fema.gov are two excellent places to start)

2. Share information from trusted sources. Sharing links with friends and family from trusted sources like the CDC and FEMA can help ensure you are giving solid, factual information.

3. Discourage others from sharing information from unverified sources. Friends on Facebook or other places should be notified if they are sharing unverified things.

To find trusted sources, look for information from official public health and safety authorities. You can find many official sources at coronavirus.gov. Check your state and local government or emergency management websites and social media accounts for trusted information specific to your area. On social media, be sure to check for a blue verified badge next to the account name. This tells you it's an official account.

You can't be too careful out there. Stay safe!

*Source: Traci Baker, Director, Community Activities and Communications*