Good Science Takes TIME.

A SIMPLE GUIDE TO EVALUATING VIRAL HEALTH RESEARCH

When the next promising study about a disease or illness appears on your social media feed, use this checklist to help you navigate scientific uncertainty.

Pay Attention to What Happens Next

- Have additional studies been published about this issue?
- Have trusted medical organizations updated their recommendations?

Don't Confuse Publication with Proof

- Does this reflect a growing body of research or a single study?
- What does the full body of evidence say?

Put New Findings Into Context

- Does this research apply to my health needs?
- Have I talked about this with my care provider?

WVU Cancer Institute
chats COMMUNICATING FOR HEALTH IN APPALACHIA BY TRANSLATING SCIENCE
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