

Where to Find Credible Information About the Coronavirus 2019 (COVID-19)



During this pandemic, it's especially important for everyone to take actions to keep themselves, and others, safe. To do this, let's pause and think through how and where you can find credible, or trustworthy, information—especially as someone with kidney disease.

In stressful times, you may often turn to family and friends for support. Family and friends are great to:

- ✓ Provide or receive emotional support.
- ✓ Connect with by phone call, video chat, or social media.

But your family and friends might not know the most up-to-date information on COVID-19 or the best actions to take right now, especially if you are on dialysis or have a kidney transplant. For this kind of information, you should turn to experts for credible information.



So, where can you find credible COVID-19 information? Start with these sites.

For general updates (e.g., handwashing and disinfection, stay-at-home orders, use of face masks) on COVID-19:

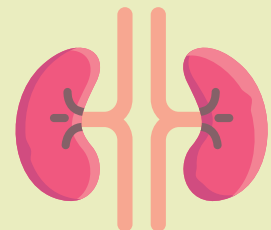
- [The U.S. Coronavirus Emergency Response](#)
- [Centers for Disease Control and Prevention \(CDC\)](#)
- [Centers for Medicare & Medicaid Services \(CMS\)](#)
- [U.S. Department of Health & Human Services \(HHS\)](#)
- [World Health Organization \(WHO\)](#)



Most of these credible organizations also have social media accounts, like Twitter or Facebook. On Twitter check out: @CDC, @CMS, @HHS, @WHO, @ESRDNCC, @KidneyPatients, @NKF, and @RSNHope. Most ESRD Networks have social media accounts too!

For chronic kidney disease-related updates on COVID-19:

- On the [ESRD National Coordinating Center \(NCC\)](#) website, you can learn about kidney-related COVID-19 health information and where to locate webinars from health experts and patient advocates.
- View the [ESRD Networks](#) for a directory of ESRD Network Organizations nationwide to find kidney disease or dialysis help in your area.
- Check out the [American Association of Kidney Patients: Kidney Disease and COVID-19](#) to see webinars, frequently asked questions, and health alerts about kidney disease and COVID-19.
- Look to [Dialysis Patient Citizens: COVID-19 Resources for Dialysis Patients](#) to read about how dialysis centers are working to keep patients safe and prevent COVID-19 from spreading.
- The [National Kidney Foundation COVID-19](#) contains information to help kidney patients manage their health during COVID-19 like ideas for kidney-friendly dieting and coping strategies.
- Turn to the [Renal Support Network COVID-19](#) for tips on how kidney patients can stay physically and emotionally healthy.



What should you look for when searching other sites?

Keep these tips in mind.

1. Look at websites that end with .gov, .org or .edu (i.e., government, non-profit, or educational sites) as a good place to start searching for trustworthy health updates.
2. Avoid using crowd-sourced websites such as Wikipedia or Reddit for health-related information. These sites are often opinion based and can be written by anonymous volunteers, and almost anyone can write or edit what is in there—this is okay for some topics but not for important health information.
3. Use a critical eye when reading COVID-19 related updates posted on social media. Start with accounts of trusted organizations. For other social media, it can be hard to tell where the information is from, so take extra steps to make sure it's trustworthy.
4. Check multiple sources as a great strategy to find out if the COVID-19 health information you see and hear is accurate.
5. When you hear or read something about the COVID-19 virus, ask yourself:
 - Who are the authors? What are their credentials? Or, what makes them an expert?
 - Where is the information being cited from?
 - Is the website, person, or other information source a trusted resource?
 - Are they trying to sell you something?
6. And remember, your kidney doctor, or nephrologist, is also a great source of credible information. If you hear or read something health-related, you can ask your doctor about it. Even if it is right for someone else, it may not be right for you—it is best to check with someone who knows your medical history.



It's unfortunate but some people take advantage of these situations to scam others. Protect yourself and be aware of **COVID-19 Medicare scams**:



- Only share your Medicare number with a trusted healthcare provider.
- Only let your healthcare provider review your medical records.
- Check your Medicare claims summary forms for errors.

Call to report suspected Medicare scams at 1.800.MEDICARE (1.800.633.4227)



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