

# How to debunk COVID-19 conspiracy theories | The Verge

By Justine Calma

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In the whirlwind of news about the novel coronavirus pandemic, it can be hard to [figure out what's a scam](#) or rumor and what's [vital information](#). The ways in which the COVID-19, the disease caused by the novel coronavirus, has transformed the way [we work](#) and [keep ourselves entertained](#) already feels unreal.

To understand why there's so much misinformation out there — for example, that the virus was purposely created in a lab — *The Verge* spoke with John Cook, a cognitive science researcher at George Mason University and one of the authors of a new [Conspiracy Theory Handbook](#). A big fan of acronyms, Cook came up with a handy one to recognize when you or someone you know might be headed down a [conspiracy theory rabbit hole](#) and how to “inoculate” ourselves and others against it.

[...]

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