

# How to Spot Coronavirus Misinformation | Time

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It flashes across your Facebook feed: coronavirus “hates the sun” and can be prevented by taking “a few sips of water every 15 minutes.” Different versions of the post refer to a Stanford University hospital board member, Japanese doctors treating COVID-19 cases and a doctor from the Children’s Hospital of Philadelphia.

The post is a fabrication. There’s [no evidence](#) that sipping water stops the virus. The doctor from the Children’s Hospital who supposedly endorsed the advice is a neurosurgeon, not an epidemiologist. Stanford Health Care [confirmed](#) “the post is not from Stanford” and [says](#) it “contains inaccurate information.”

These falsehoods spread confusion at a time when clarity is in short supply. If everyone took a few simple steps to fact-check information, we’d all be better off. And calmer too. There’s going to be a lot more [misinformation about coronavirus](#)—here’s how you can tell what’s credible from what’s not.

[...]

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