



# HELP

HEALTH EDUCATION  
& LITERACY PROGRAM



## STEP 1 Get good health information

- Is the information you've found accurate and reliable?
  - Who sponsors the website?
  - Who wrote the information?
  - What is the website's mission?
  - When was the information written?
  - Are the solutions too good to be true?
- This infographic is from UF Health
  - UF Health encompasses the University of Florida's medical centers and includes the colleges of medicine, nursing, and public health among others.
  - UF Health does medical research and health education in addition to providing medical care.

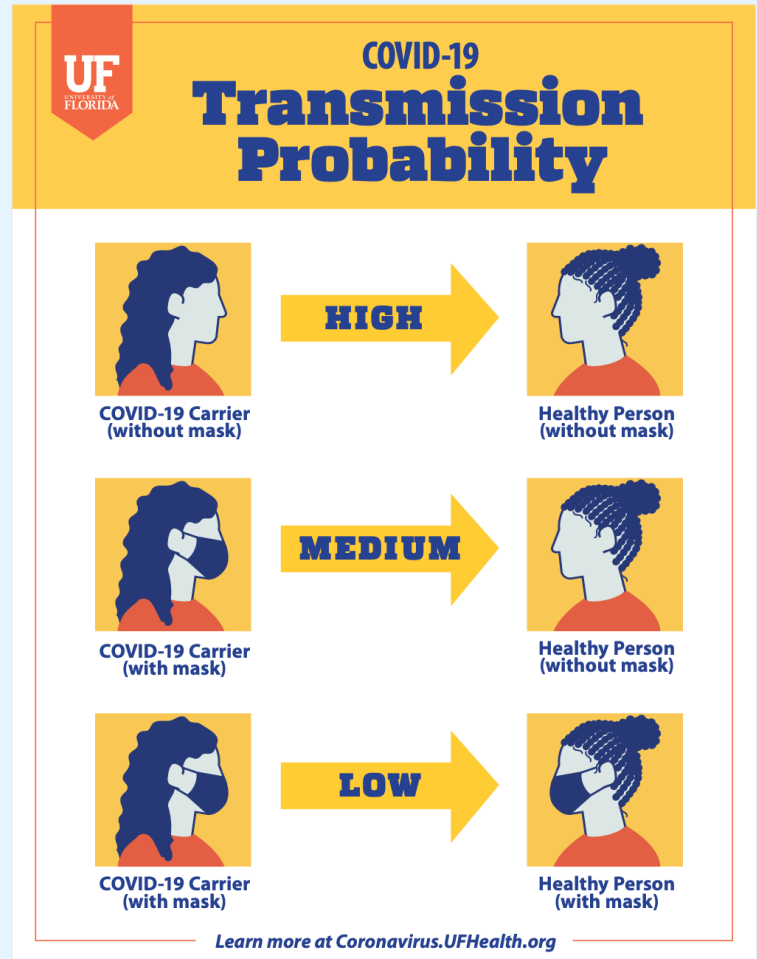
**Trustworthy source** ✓

## STEP 2 What does it mean?

- Is it in an understandable format (visual, auditory, written)?
  - Find infographics, podcasts, etc. from reputable and respected sources
- Talk to your provider

- Shows you the transmission probability in different face mask situations.
- Transmission probability decreases when more people wear face masks.

**Understandable** ✓



## STEP 3 Apply it to your health

- What does this mean for your health?
- Weigh the risks vs. benefits
  - What will keep you healthiest?
  - What will keep others healthy?

- When more people wear face masks, transmission probability is at its lowest!
- Wearing a face mask can protect you as well as others.

**Wear a mask and reduce the spread!** ✓