Experts say that the internet has become one of the biggest sources of misinformation. Inaccurate news, misguided tips, conspiracy theories and the list goes on and on. In today’s employee check-in, we get some advice from NPR about ways to stop spreading misinformation. Exercise skepticism when you hear or see new information. Understand the misinformation landscape. Be extra careful when you encounter breaking news. And finally be gentle with others.

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