

# Your Starter Guide to Trustworthy Science Online

Some reliable voices & helpful sharing habits

It's hard to know what online sources are trustworthy, so we pulled together a number of accounts that focus on evidence-based information. Some of these accounts can be found on social media, such as Instagram, Facebook, and TikTok, while others can be found across all corners of the internet. We hope it helps!

**Disclaimer:** It is always impossible to remember every account and website when making a resource like this. We did our best, and we apologize for any oversights. Our goal here is to start a list of resources for those who have asked us for help. This is a live document, and we will continue to update this list!

This list extends beyond members of The Evidence Collective (TEC). TEC is not responsible for verifying or overseeing the accuracy of individual members' content or accounts. It's also important to remember that not every person or group is an expert in all topics. Using a variety of sources is helpful.

## Social Media Accounts

*Note: The links below take you to their Instagram accounts, but many can also be found on Facebook or TikTok with the same handle if you have a different preferred app.*

### Clinicians

- [@anitakpatel](#)
- [@ayeshaappamd](#)
- [@daniellebelardomd](#)
- [@doctor.mike](#)
- [@dr.beachgem10](#)
- [@drcarolinebrown](#)
- [@drhigginsmd](#)
- [@drlaurenhughes](#)
- [@drnadolsky](#)
- [@drscotthadland](#)
- [@drshievag](#)
- [@dr.tommymartin](#)
- [@jeremysamuelfaust](#)
- [@joebervell](#)
- [@kmpanthagani](#)
- [@nikkivinck](#)
- [@pedsdoctalk](#)

- [@thepediatricianmom](#)
- [@thebraindocs](#)

## Science & Public Health

- [@dr.benrein](#) (brain health)
- [@Dr.berthahidalgo](#) (public health)
- [@carolinewaltzman.mha](#) (public health)
- [@deplatformdisease](#) (immunology)
- [@dr.joezundell](#) (cancer biology)
- [@dr.noc](#) (public health and science)
- [@epidemiologistkat](#) (public health)
- [@foodsciencebabe](#) (nutrition)
- [@funsizeimmuninja](#) (immunology)
- [@jessicamalatyrivera](#) (public health)
- [@drjessicaknurick](#) (nutrition)
- [@kcklatt](#) (nutrition)
- [@langernutrition](#) (nutrition)
- [@laurel\\_\\_bristow](#) (public health)
- [@matthewfacciani](#) (misinformation)
- [@nick.immunologist](#) (immunology)
- [@niniandthebrain](#) (risk communication)
- [@sciencemomscicomm](#) (public health)
- [@sciencewhizliz](#) (immunology & public health)
- [@sciencewithanni](#) (biotech & public health)
- [@unambiguousscience](#) (public health)
- [@thepublichealthpharmacist](#) (public health)

## Organizations

- [@acog\\_org](#)
- [@ameracadpeds](#)
- [@childrensphila](#)
- [@emoryrollinsph](#)
- [@healthychildrenaap](#)
- [@immunologyexplained](#)
- [@pandemiccenter](#)
- [@sidpharm](#)
- [@thosenerdygirls](#)
- [@unbiasedscipod](#)
- [@who](#)
- [@yalesph](#)
- [@your\\_local\\_epidemiologist](#)

# Newsletters

- <https://yourlocalepidemiologist.substack.com/>
- <https://theunbiasedscipod.substack.com/>
- <https://emilysmith.substack.com/>
- <https://fromthescienceclass.substack.com/>
- <https://thosenerdygirls.substack.com/>
- <https://pauloffit.substack.com/>
- <https://insidemedicine.substack.com/>
- <https://jenndowd.substack.com/>
- <https://drlaurenhughes.substack.com/>
- <https://communityimmunity.substack.com/>
- <https://youcanknowthings.substack.com/>
- <https://kcklatt.substack.com/>
- <https://yourlocalepidemiologistny.substack.com/>
- <https://caitlinrivers.substack.com/>
- <https://yourlocalepidemiologistca.substack.com/>
- <https://vajenda.substack.com/>
- <https://matthewfacciani.substack.com/>
- <https://deplatformdisease.substack.com/>
- <https://techingitapart.substack.com/>

# Websites

[American Academy of Pediatrics](#)

[American College of Obstetricians and Gynecologists](#)

[Biobots Risk Reports](#) (wastewater)

[Healthy Children](#) (AAP resource for parents)

[CHOP vaccine education center](#)

[Center for infectious disease research and policy](#)

[World Health Organization](#)

[Wastewater Scan](#) (wastewater)

[Population Health Information and Visualization Exchange](#) (PopHive- data for multiple health conditions, presented through Yale)

[Voices for Vaccines](#) (resources)

[Brown's pandemic center](#) (infectious disease updates)

# Sharing Habits

How you engage with information online can make a big difference in how many people see that information.

- **DO Engage with trustworthy science accounts.** Share, comment, like, and repost evidence-based information. Even if you assume “everyone already knows this.” Your engagement helps quality info rise in the algorithm, so more people actually see it.
  - **DON’T engage with posts spreading false information.** Not even to correct them. Commenting, arguing, or reposting boosts the post in the algorithm and unintentionally helps it reach more people. Instead, share accurate info from reliable sources.
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[The Evidence Collective](#) (TEC) is a group of health and science communicators who unite to deliver clear, evidence-based information directly on social platforms and physical communities, meeting people where they are with empathy and speed. The collective includes subject matter specialists spanning infectious disease, chronic illness, nutrition, health policy, and more, with a combined reach of 200 million monthly across trusted media and digital platforms. When health topics become complicated, this multidisciplinary team collaborates across disciplines and platforms to help the public understand the full picture, enabling them to spot falsehoods early and respond quickly to emerging health issues. Their vision is to empower the general public with timely, evidence-based information so they can lead healthy lives and thrive by translating science into plain language and addressing public concerns and confusion.