

Useful tips for using social media during Covid-19 include:

- **Take the time to look at how you are using social media**

If you are overwhelmed by the news it may be a good idea to limit how long you spend online.

- **Be critical of what you see and post**

The volume of discussion of Covid-19 makes it hard to find accurate information. Fake news can be difficult to spot – it's best to follow verified official accounts to ensure information is accurate.

- **Be on the alert for cybercrime**

Crime rates often rise in times of crisis and recent news reports suggest the Covid-19 crisis is seeing an increase in cybercrime. The uncertainty and the way we have become isolated may make us more vulnerable.

- **Use hashtags and follow wisely**

If you find your newsfeed is dominated by discussions of Covid-19, follow hashtags related to your hobbies or interests as a distraction. Hashtags and groups can be used to find people with similar interests, which helps to combat isolation.

Source:

British Psychological Society (BPS), March, 2020