

Low Tox Method - Assignment 1

Response ID:52 Data

1. High quality information sharing

1. What's your name?

Corrine Sultana

2. Low-quality information share: Look back and find a piece you've shared, or seen shared by someone else that wasn't an effective share. It may not have been effective because it lacked sources and adequate research references in the article, it was sensationalist and from a junky "health" website with a million pop-ups on it, you didn't share why you cared about the article nor did you offer any solutions. If you're going to get people buying into what you're sharing, you need to go deep and explain your thinking. This opens you up for critique but it's par for the course and I always say, you should use that as a fire in the belly to be well researched, well thought out and always offering solutions. Upload your file as a screengrab that shows the headline, publication and your accompanying text (even if there wasn't any because that's why it wasn't a good share if that makes sense. I don't need the full article as you'll be explaining why it wasn't a good share in the next question, so just the screengrab of the social media share.

[Low_quality_info_share.jpg](#)

3. What was not ideal about this share? (was it tone/research quality/lack of framing by the person who shared it/yourself/fear-eliciting without solutions...)

- While sharing a topical story on a current issue is common, The Daily Mail is a tabloid style newspaper that often prints sensationalised journalism without solid facts
- Accompanying this post should be a comment with supporting evidence or a personal statement around how this is of interest and warrants further investigation
- The accompanying comment adds fear tactics and misinformation associated with a highly topical and sensitive current worldwide health concern
- The blanket statement makes the reader feel as though all hand sanitisers are poisons and should not be used in any circumstances
- This is sensationalized post to a large following that has been shared many times so has potential to reach a large audience supplying information that is not well supported
- No alternatives are offered or solutions – just fear

4. Now share a link (not a screengrab this time, the actual link just pasted into the text box) to a high-quality article on the same subject or closely related, that you'd like to share on social media with friends, family or your community, in the text box.

<https://www.valisure.com/blog/valisure-news/valisure-detects-benzene-in-hand-sanitizers/>

5. What is the accompanying text you'd share with it?

A sample of hand sanitisers currently on the market have recently been tested by an independent company Valisure, which discovered they contained benzene. Benzene is a known carcinogen according to U.S. Centers for Disease Control and Prevention (CDC), the International Agency for Research on Cancer (IARC).

Valisure is an independent US based organisation that checks the chemical composition of medications before they reach consumers. They found 44 out of 260 samples tested had a level of benzene above current FDA standards (which were increased from 0 in 2020 due to worldwide demand for manufacture)

Benzene works by causing cells not to work correctly. It can enter the body via inhalation, skin absorption, ingestion, skin and/or eye contact.

Valisure has asked the FDA to request an immediate recall of the contaminated batches and update their guidelines for future production.

The TGA in Australian has different regulations for production of hand sanitisers, and recommends that consumers look for

- formulation details as not all hand sanitisers are the same
- be careful if buying online as they may contain different ingredients
- watch out for inappropriate claims

As most of the sample products were made in China and the US, Australian consumers should check to manufacturing location of their products. A full list of those tested can be found on the Valisure website

The WHO encourages the use of hand sanitiser in combating disease transmission as well as good hand washing technique. There are a wide variety of options available that meant WHO, TGA and FDA guidelines that contain ingredients that are kinder to our health.

6. What are some of the reasons that made this a better share of the same topic?

This is a much longer post (which is longer than I would normally write and some readers may glance past due to that reason) however, it contains a credible source (the original source of the story) and links to well known organisations who conduct solid and published research as well as set guidelines for production of products in various jurisdictions.

This amended post style allows the reader to understand more about the topic at hand without fear tactics and they can see there is sound supporting information that they can easily dig into deeper if of interest. It raises the credibility of the post, the person posting and the subject matter. It allows for education and curiosity to explore the issue further instead of sensationalism.