The social media have the power to mislead, the community to support, and are the best way to reach people around the globe.

Since the last ten years, the internet has transformed the globe and has become as essential to modern life as a cup of coffee in the morning since, in the modern world, life would be impossible without it. Like the many advantages, social media has many disadvantages too. Some of these issues are very serious and may be detrimental to human civilization as a whole. Social media has the ability to spread any information quickly around the world, yet frequently, this information is inaccurate and can lead to people being misled. Recently, during the COVID pandemic, misleading information about home treatments for treating COVID spread widely on social media. However, because of the influence of social media and its popularity, many people worldwide tried those remedies and, as a result, encountered very serious problems; in the worst cases, some of them even paid with their lives.

Apart from that, there are a lot of communities on social media from all over the world, as well as a lot of influencers who are a part of those communities and who are looked up to by their followers. Because of this, there are occasions when an influencer will endorse a health myth that the community is following in order to gain more popularity and support from the community. As a result, many others who follow the influencer are also misled by the myth and experience misconceptions. This is how a misconception on social media spreads with the support of the community.

Because social media connects people from all over the world, it is the ideal way to quickly reach a global audience. For instance, educating the public about common health myths with the aid of medical professionals and well-known athletes or celebrities who are followed by millions of people worldwide allows people to believe and trust anything because the information is coming from a trustworthy and reliable source. That’s how social media is considered the best source to reach audiences around the world.

To sum up there are many irrelevant details on social media about health and its factors that mislead.individuals and can lead to serious health consequences. Moreover, social media influencers play an important role in misleading and spreading false information among the public and society. Health professionals and well-known personalities should take this issue seriously and start some awareness campaigns on the social media, which will certainly reduce some misconceptions among the people.