

## FINDING HEALTH INFORMATION ONLINE

When making decisions about health, it is important that the information guiding your decisions is trustworthy. Use the guide below to help you identify websites you can trust to provide accurate, valid health information.

### 1. IDENTIFY YOUR QUESTION

- What are you looking for?

- Knowing what kind of answer you are looking for can help you phrase the question

### 2. REVIEW THE LINKS THAT APPEAR

- Do the websites end in .org, .edu, or .gov?

- Websites that end in .org, .edu, or .gov are more likely to be reliable
- Organizations that end in .com may have some reliable info but these websites are not held to the same standards as .org, .edu, and .gov websites

### 3. CLICK ON THE ARTICLE

- Does the article have a reliable author?
- Was the article written in the last two years?
- Does the website have extra information on it?

- A reliable author means someone that is an expert on the topic, preferably a licensed professional like a therapist or a doctor
- Old information may be inaccurate or no longer applicable, therefore getting the most up to date information is important for your health
- If there are more ads on a website than article content, then it is likely that the website wants you on their page to earn money off of those ads, rather than to give you accurate information

### 4. DOES THE WEBSITE ANSWER YOUR QUESTION?

- You may have to consult multiple sources or click on other links on the website to find an answer
- If you are having a hard time finding an answer from a reliable source, try rephrasing your question
- When in doubt talk to a healthcare professional about your question – your health is too important to take the advice of a random stranger on the internet