

Find Reliable Health Information Online

1. What is reliable health information?

Finding good health information online can be confusing. Information may be out of date or only include information from personal experiences. Some companies sponsor websites to promote services or products. Scammers also use websites to get your money.

It's important to be able to recognize reliable information online. Reliable health information comes from a dependable source. It's based on scientific evidence, up to date, and has been reviewed by a medical expert.

2. How can I find websites with reliable health information?

Consider the source

- Make sure the site is a government, university, or health organization you trust. Government websites usually end in ".gov" and websites from universities end in ".edu".
- Notice if the site promotes a specific treatment or product. Be skeptical of websites promoting products.
- Make sure not to give your personal information to a website unless you trust it.

Focus on quality

- Verify the source of information with other reliable websites.
- Look at the date the information was reviewed.
- Review the author and resources listed to make sure they are credible.

Be skeptical

- Look at who's sponsoring the website
- Notice any extreme or unbelievable language used on the website.
- Pay attention to the logos, branding and marketing on the website. Reliable websites have multiple pages and consistent themes.

3. What are examples of websites I can use to find health information?

- For information on health topics in multiple languages: National Institutes of Health medlineplus.gov
- For information on immunization schedules and symptom trackers: American Academy of Family Practice familydoctor.org
- For information on screening tests: US Department of Health and Human Services www.healthfinder.gov



Key Points:

- Be skeptical of websites promoting products.
- Review the website source.
- Don't give personal information to a website unless you trust it.

For More Information:

Health Care Consumer Protection

PublicHealth.lacounty.gov/hccp