Find Reliable Health Information Online

ACP — ARIZONA COMMUNITY PHYSICIANS | **abacus** HEALTH — healthcare you can count on.

⊘ Quick tips for "healthy" internet searching

✕ DO NOT Search the entire internet. Googling symptoms to try and diagnose yourself generally leads to an inaccurate diagnosis and a lot of anxiety. Start with some of the links listed in the table below.

✕ DO NOT Automatically trust information found on the web. Websites can be built by anyone, including people with no educational or professional qualifications.

✓ DO Verify sources of information. Does the site provide references to professional sources?

✓ DO Make an appointment to follow up with your doctor if you have questions.

✓ DO Check to see if the information is current (less than three years old is best)

✓ DO Be wary of sites with ".com" web addresses. These sites might have some reliable information, but their main goal may not be to educate but to generate money.

☑ Where do I start?

SITE NAME	WEB ADDRESS	SPONSORED BY
Family Doctor.org	familydoctor.org	American Academy of Family Physicians
Johns Hopkins Health Library	www.hopkinsmedicine.org/healthlibrary	The Johns Hopkins University
Mayo Clinic Diseases & Conditions	www.mayoclinic.org/diseases-conditions	Mayo Foundation for Medical Education & Research
Centers for Disease Control & Prevention	www.cdc.gov	US Dept. of Health & Human Services
National Institute of Health	www.nih.gov/health-information	US Dept. of Health & Human Services
Pima County Health Department	www.pima.gov/2031/Health	
AZ Department of Health Services	www.azdhs.gov	