

# HOW TO Find Reliable Health Information Online



## 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
WebMD	www.webmd.com/default.htm	WebMD - network of health experts*

\*WebMD is a commercial website and while it usually has correct information, be aware that it also has an agenda and advertising motivations.