



Finding Reliable Health Information Online

Finding reliable information on the internet is not as easy as it seems. While we can search for any word or phrase, the search results we get are **biased by algorithms and advertisements**.

Here are some tips to help you navigate health information on the internet.

Educate yourself

Trusted websites that give tips on internet searches:

National Library of Medicine Tutorial

<https://medlineplus.gov/webeval/webeval.html>



Public Library Association

Short videos on web searches:

<https://www.digitallearn.org/courses/basic-search>



National Institute on Aging

<https://www.nia.nih.gov/health/healthy-aging/how-find-reliable-health-information-online>



Tulsa Community College Library

Offers a guide on how to limit your Google search to only reliable domains:

<https://askus.library.tulsacc.edu/faq/220078>



Domain names can identify safe sites:

Government Websites

Websites ending in **“.gov”** are from U.S. federal, state, or local government agencies and **are safe to click on**.

Educational Websites

Websites ending in **“.edu”** relate to educational centers, like universities and **are safe to click on**.





FINDING RELIABLE HEALTH INFORMATION ONLINE (Continued)

Never share personal information

No website should ask for personal information. Never share any medical information, bank account numbers or Social Security numbers, for example.

It is also important to be cautious when you read testimonials or posts on discussion boards or social media. Personal stories may or may not be true. Even if some people did find benefit from a certain medication or treatment, **everyone experiences health problems and solutions differently**. If you are interested in health information you read about online, **bring the information to your health care professional and ask if it might work for you**.

Look for paid advertisement

Search engines, like **Bing** or **Google**, rely on advertisers to make money. However, many people do not realize that companies can pay to have their link listed at the top. Some search engines label these as "Sponsored" or "Ad." These labels can be small and easily missed. Here is a checklist to help you search more cautiously online. Visit: <https://medlineplus.gov/webeval/webevalchecklist.html> or scan the QR code.



List of reliable sites



As you search and use reliable sources, you will become more confident in recognizing sites that might be trying to take advantage of you. While the internet can open doors to great information, it is always a good idea to be cautious until you know the source. Here is a list of reliable websites to get you started. Visit:

<https://www.luriechildrens.org/en/patients-visitors/visiting-lurie-childrens/tour-the-hospital/family-community-destinations/pedersen-family-learning-center/reliable-websites-for-health-information/>

or scan the QR code.

