Using health info on the Web

Tips from the
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Remember…Anyone can put anything on the Internet!

Here are some things to think about when you look for health information:

1. WHO WROTE IT?

Who wrote what you are looking at? Could you call, write or e-mail the author or editor if you wanted to?

2. WHEN WAS IT WRITTEN?

Look for a date. When was the web page put there? Health information is always changing. Information that is over three years old may be out of date. It is OK to use this information, but look for something newer to go with it.

3. WHY IS IT THERE?

Who put the website up? Are they trying to sell something? Does the information sound too good to be true? If so, it probably is. Do the links work? Do they lead you to other medical sites or to ads?

TALK TO YOUR DOCTOR OR NURSE ABOUT THE INFORMATION YOU FIND ON THE INTERNET – ASK QUESTIONS!!!