

Finding reliable health information on the web

Use the following checklist to help check if the health information you are reading online can be trusted.

<p>1. Can you easily identify the sponsor or host of the website?</p> <p><i>A trustworthy health website should make it easy for you to learn who is responsible for the information on the site.</i></p>	
<p>2. Is it clear how you can reach the sponsor? (i.e. is there contact information?)</p> <p><i>Contact information for you to reach the site's sponsor or authors should be easily accessible. This is usually found under an "About Us" or "Contact Us" page or link.</i></p>	
<p>3. Are you able to see when the information was written or last updated?</p> <p><i>Look for websites that keep their information current, so that you know the information you are reading is up-to-date.</i></p>	
<p>4. Is your privacy protected? (i.e. is there a clearly stated privacy policy?)</p> <p><i>Look for pages that protect your privacy and that do not share your information with a third party. A website's privacy policy is usually found under an "About Us", "Privacy Policy", or "Our Policies" page or link.</i></p>	
<p>5. Does the website make quick and easy solutions or claims about health information?</p> <p><i>Remember, if it sounds too good to be true, it probably is. Use caution when looking at a website that promises quick results, especially if it is the only website making these kinds of claims. Beware of websites that claim that one treatment will cure a number of illnesses.</i></p>	