

# **FINDING GOOD HEALTH INFO ONLINE**

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# WHAT WE'LL COVER

Introduction

Trusted Sources

SIFT method

Examples

Questions?



# TRUSTED SOURCES

- Community Workshop Series
  - [Evaluating Health Information Online](#)
  - [Health Information Online](#)
- [Mayo Clinic](#)
  - Good for background information and general guidance
- Snopes <https://www.snopes.com/>
  - Fact checking website good for health topics as well as news



# TRUSTED SOURCES

- [NC Health Info](#)
  - Online guide to quality health and medical information and local health services throughout North Carolina
- [NC Health Info Espanol](#)
  - NC Health Info tiene por objetivo ayudarlo a tomar decisiones informadas sobre atención médica. Aquí encontrará información confiable y fácil de comprender sobre diversos temas, incluidas afecciones, dónde encontrar opciones de tratamientos sin costo o de bajo costo y directorios de proveedores y servicios en Carolina del Norte.

# TRUSTED SOURCES

- NC Live
  - Medline Plus
    - Common diseases and conditions, health promotion and wellness, drugs info, medical dictionaries and more
  - MedlinePlus Drugs, Herbs and Supplements
    - Guide to prescription and over-the-counter medications, herbs, and supplements
  - MedlinePlus Espanol
    - MedlinePlus le brinda información sobre enfermedades, condiciones y bienestar en un lenguaje fácil de leer.

## SIFT METHOD

- Stop
- Investigate the Source
- Find Better Coverage
- Trace claims



**LET'S TRY IT**



# EXAMPLE 1

Altitude sickness

<http://medical-library.net/altitude-sickness/>





# EXAMPLE 2

DHMO

<http://www.dhmo.org/>



# EXAMPLE 3

Hormone Therapy

<https://www.webmd.com/menopause/guide/10-questions-hormone-therapy-during-menopause#1>

# QUESTIONS?

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