Finding good health information on the internet

L — Last review? Is it Up-to-Date?

E — Exist, why does it exist? Selling something?

G — Good, is it a credible source? Can you trust?

I — Information source? Research-Based vs. Opinion?

T — True, too good to be true? What does it promise or offer?

Use these 5 steps to evaluate your online health information:

1. Find out who runs or created the site
2. Consider reasons you can trust or not trust the site
3. Find out when the site was written or last revised
4. Find out where information comes from, and see if it lists scientific research
5. Find out why the site exists and if the site is selling something

Common Children topics:

Acne
Covid-19
Relationships
Bullying
Puberty
Headaches
Stomachache

Sore Throat
Ant Bites
Warts, Spots or Other Skin Issues
Food Allergies
Allergies
Sports Injuries