On the Internet, anyone can publish anything. It is important to know what is reliable and what is dangerous information. Use these tips to help you detect reliable health information!

**A**
**AUTHORITY**
Does the website use authority?

**.GOV.EDU**
Websites that end in .gov or .edu guarantee a high level of authority.

**B**
**BIAS**
What is the author's bias?

**ADVERTISEMENTS**
The best health information websites do not have ads; those that do are clearly labeled.

**C**
**CURRENT**
Is the information current?

**DATES**
Reliable websites will post publication dates since health information is constantly changing.