

A-B-C FOR FINDING TRUSTED HEALTH INFORMATION

In today's world, anyone can publish anything!
With health information it's important to know what is trustworthy and what isn't.
Use these tips to help detect reliable health information.

ACCURATE & AUTHORITATIVE

A

To assure quality information,
use websites ending in
.gov .edu .org



BIAS

B

Avoid sources that advertise
products or share information in
ALL CAPS
Uses lots of !!!!!
Let's you in on a "secret"



CURRENT & CONFIDENTIAL

C

Trusted sources will post a
publication date and won't ask you
for private information

