

How to Find Reliable Sources of Health Information



It can be hard to pick out credible information from the millions of search results we find online. **Which sources can we trust?**

Use these reliable sources of health information



▶ Start with:

MedlinePlus – medlineplus.gov

Read up-to-date information about diseases, conditions, and wellness

CDC website – cdc.gov

Get information on healthy living and public health emergencies

▶ You can rely on websites from:

National Institutes of Health (NIH) – nih.gov

National Library of Medicine (NLM) – nlm.nih.gov

▶ Learn about health and social services in San Diego County:

Health & Human Services Agency – sandiegocounty.gov/hhsa

▶ Are you looking for medical research literature?

PubMed – pubmed.ncbi.nlm.nih.gov

A search engine for biomedical literature

ClinicalTrials.gov – clinicaltrials.gov

Access to information on clinical research studies



Visit your local library for support

- **Ask for help** finding health information and books
- **Get free Wi-Fi** and Internet access
- **See resources recommended by librarians** at libguides.sdsu.edu/health
- **Find library locations** in San Diego County at libguides.sdsu.edu/health/library



STAY SAFE!

Talk with your health care professional
like a doctor or nurse before following
health advice found online.