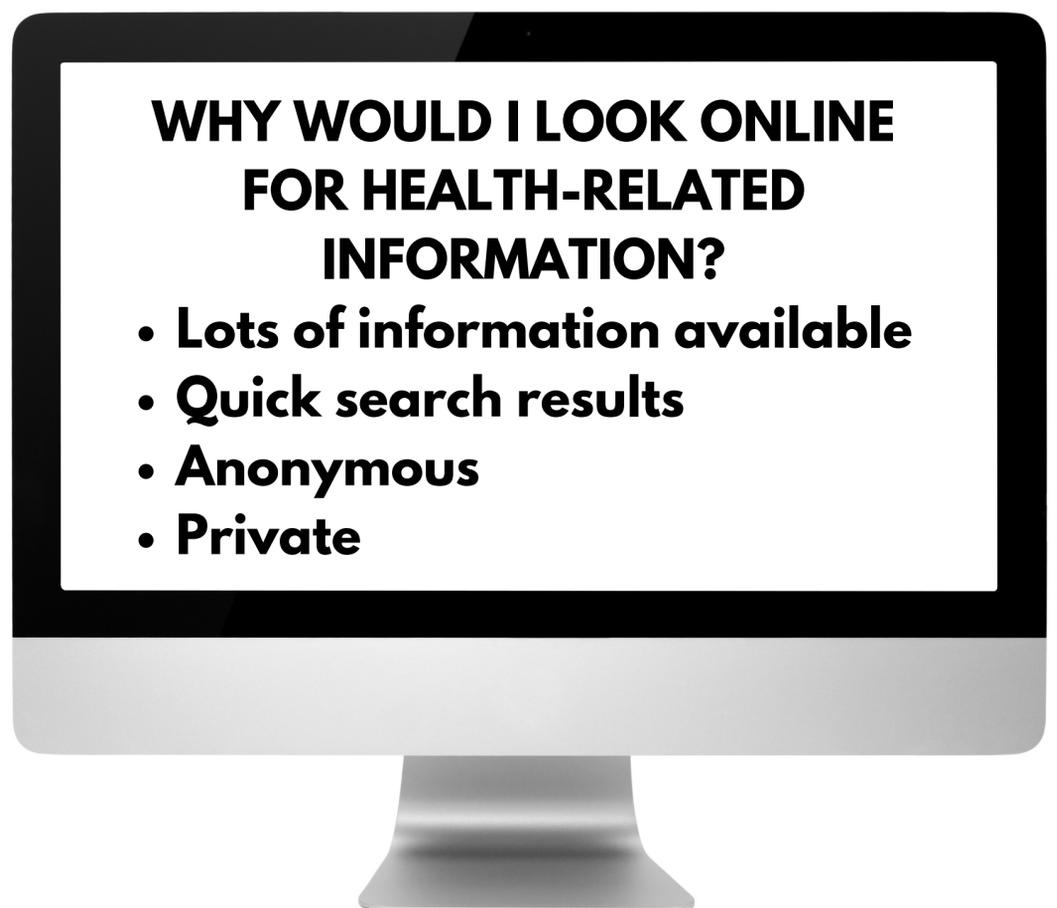# Healthy UNH's Guide to Health-Related Information on the Internet

More than ever, people are taking to the internet to access information about their health. With over 70,000 health-related websites available, it is important to know which ones we can trust.

COMMON SEARCHES INCLUDE:

- Alternative Treatments
- Diet, Nutrition, + Vitamins
- Diseases or Medical Problems
- Doctors or Hospitals
- Exercise and Fitness
- Immunizations
- Health Insurance
- Medical Treatments or Procedures
- Medications
- Mental, Physical, + Sexual Health

WHY WOULD I LOOK ONLINE FOR HEALTH-RELATED INFORMATION?

- Lots of information available
- Quick search results
- Anonymous
- Private

AVOID SELF-DIAGNOSIS

Searching for health information on the internet should be used as a tool to gain insight about health questions or concerns.

It is important to avoid self-diagnosis because that can lead to anxiety and stress. When researching symptoms, the internet will offer multiple diagnostic possibilities for a single symptom.

The internet is not a replacement for your healthcare provider.

NAVIGATING WEBSITES
FOR RELIABLE INFORMATION

It can be overwhelming and difficult to determine the reliability of the site you are navigating. To help determine a website's validity, the following questions should be asked:

WHO?
- Who owns the website? Is it a federal agency, medical school, large professional or nonprofit organization?
- Who wrote the information?
- Is the information reviewed? By whom?
- Is there a way to contact the author, sponsor, or owner of the website?

WHAT?
- Is there a mission or goal mentioned on the website?
- Does the website reference trustworthy sources, such as federal agencies, medical schools, large professional or nonprofit organizations?
- Does the website contain believable solutions?
- Is your privacy protected?

WHEN?
- When was the information on the website written, reviewed, or last updated?

WHY?
- Why was the website created?

KEEP IN MIND

Use good judgement and common sense when reviewing health information online. Numerous websites exist and many do not have any oversight regarding quality.