

Top tips for finding good health information online

Good health information can help you make informed decisions. There are things you can do to find good health information online and judge whether it is right for you.

Look for information that is relevant to you

- Does it answer your questions?
- Is it Australian?
- Does it connect you to local services?

Look for trusted sources

- Is it written by an expert, or expert organisation?
- Is there evidence for the information?
- Is the information current, and up-to-date?

If you connect with people online, remember other people's experiences may not be typical and might be different to yours

Check the information with your healthcare professional

Ask for help if you need it to find health information online or judge its quality

Look out for warning signs

- Does it try to sell you something?
- Does it create a sense of fear or panic?
- Does it only give you one choice or option?
- Does it rely on just one case or experience?

Look for information you can understand

- Does it use simple words?
- Does it explain difficult ideas?



AUGUST 2021

