



Finding Health Information on the Internet - Tips and Tricks

- Start with a reliable, general health “gateway” site, such as the National Library of Medicine’s MedlinePlus (<http://www.medlineplus.gov>)
- Use a general search engine, such as Google, only after you’ve tried reliable sources you’re familiar with.

- **Google** Tips:

- Put phrases in quotes “heart attack”
- Use ~ for synonyms ~teen
- Use | or OR tumor|cancer

- Use Google to search site:CDC.gov
Specific sites or domains site:edu

- Refine search “for patients”
 “from medical authorities

EVALUATE! EVALUATE!

Other Resources

- **Libraries:** See the Alabama Public Library Service (APLS) public library directory at <http://aplsnew-web.apls.state.al.us/libinfo/> or call them at 1-800-723-8459. (Or you can contact the UAB Lister Hill Library at 205-934-2230, <http://www.uab.edu/lister/> or the USA Biomedical Library at 251-460-7044.)
- **Support/Discussion groups:** Check the American Self-Help Clearinghouse Self-Help Sourcebook Online at <http://mentalhelp.net/selfhelp> for support groups.