Trusted Sources

Hi, I'm Sarah, and I'm here to help you search for health information online. Many people use the Internet to look up health information after receiving a diagnosis from a doctor. There is a lot of trustworthy health information available for free online. We should be cautious about what information we trust, since our health depends on it.

In this course, we'll follow along with Della, who is learning to use a computer to look up information.

Della learned that her nephew has been diagnosed with autism. She wants to learn more about autism so she can support his mother as they as they learn about treatment and therapy options recommended by their doctor. Della will start her search using a computer at the library, where she can also ask a librarian for help.

Della wants to find a trustworthy source for health information. Reliable sources for health information often come from libraries.

The National Library of Medicine provides information for consumers through MedlinePlus, a free website. MedlinePlus includes trustworthy health information based on scientific evidence. Medical librarians review all of the information before including it on the site.
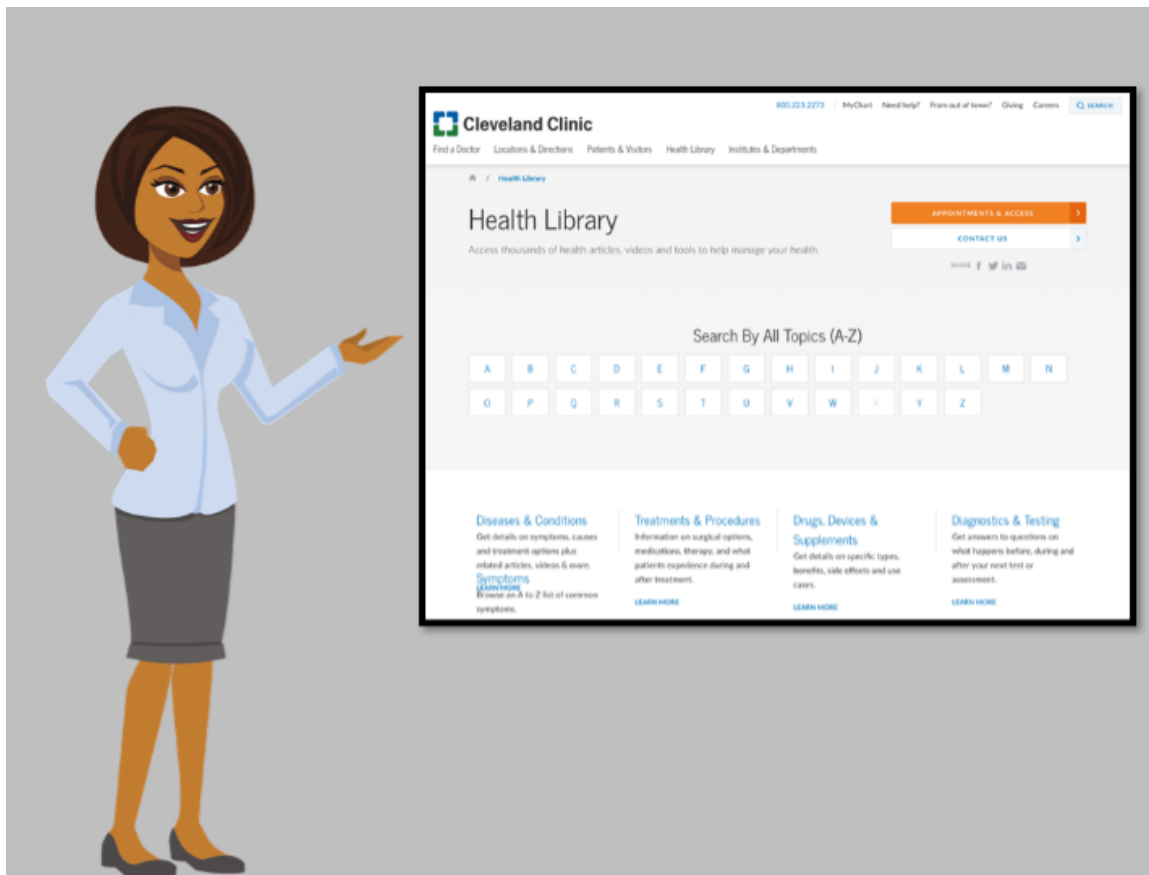
Medical research libraries and hospital libraries provide information for healthcare professionals, researchers, and patients.

Some medical research facilities, like the Cleveland Clinic, also provide information to patients. To access medical research or hospital library information, you may need to visit the library in person, be a patient at the facility, or create an online account.
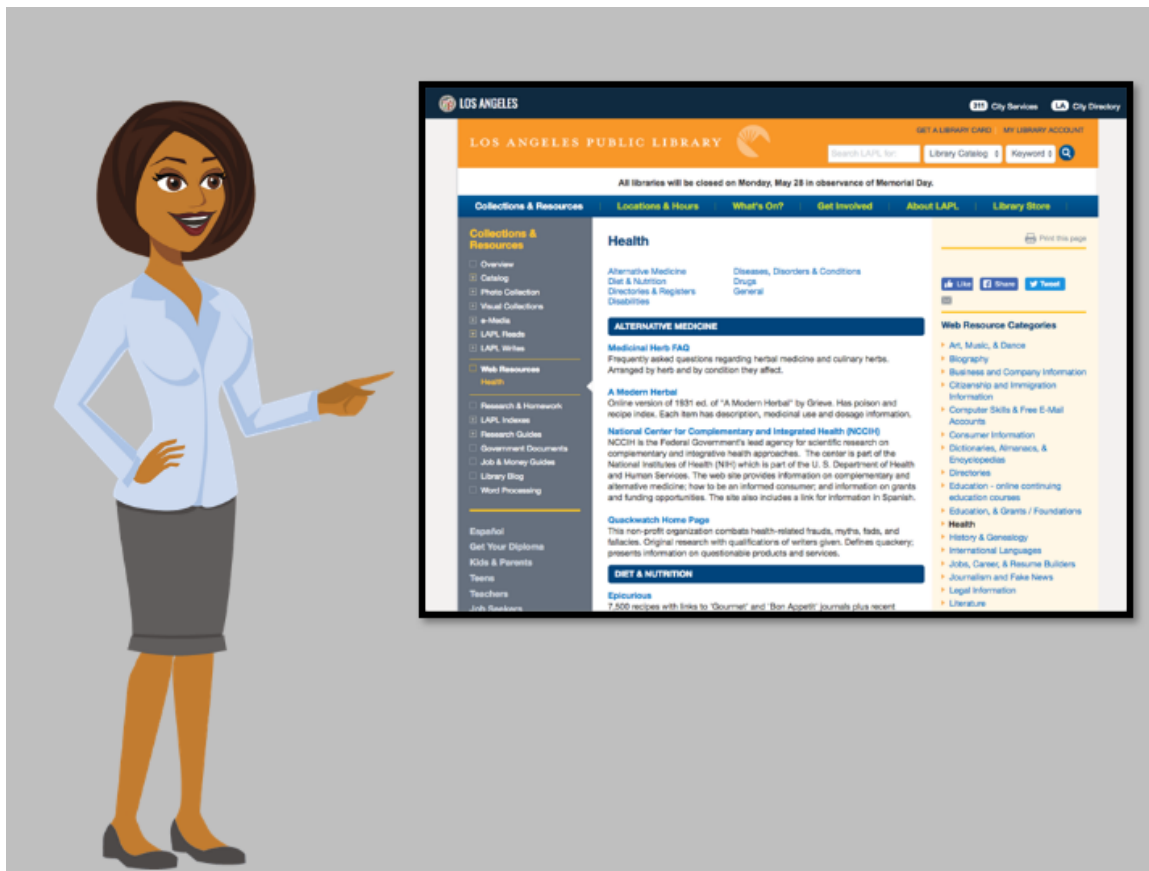
Public libraries provide health information through books and online database resources. Some public libraries create a local research guide or resource list. You may need a library card to access some of the resources from public libraries.