





How to Identify High-Quality Health Information Online

When evaluating health information, it's essential to distinguish between reliable and unreliable sources. High-quality health information is generally more reliable and trustworthy.

More Reliable vs Less Reliable Online Health Information

More Reliable =  

- Tries to educate and share accurate information.
- From and checked by experts.
- Is current and up to date.
- Possible website endings:
 - website.**gov** = government information
 - website.**org** = usually for not-for-profit organization
 - website.**edu** = an educational institution such as university

Less Reliable =  

- Tries to get money or sell products.
- Is not from nor checked by experts.
- Is not up to date and may have incorrect information.
- Possible website ending:
 - website.**com** = a commercial business

Search Tips for Finding Reliable Information

Check Multiple Sources

- Verify information by cross-referencing with multiple reliable sources.

Look for Citations

- Reliable information often cites their sources. Check if the information is backed by references.

Use Specific Keywords

- Be specific in your search queries to narrow down results.

Avoid Biased Language

- Be cautious when website present unbalanced views.

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Reminders for Choosing More Reliable Information



Does the website answer your questions?



Are there any advertisements?

- Note: Google search will label ads sometimes.



Does the website end with .gov / .org / .edu?



Does the website have any grammatical or spelling mistakes?



Is the website from experts?

- Most posts on forums are not from experts, anyone can post and comment.

General resources

HealthLink BC Files

- Easy-to-understand fact sheets on over 200 health and safety topics.

<https://www.healthlinkbc.ca/more/resources/healthlink-bc-files>

Drug and medication A to Z

- Provides accurate and independent information on prescription drugs in Canada

<https://medbroadcast.com/drug>

Choosing Wisely Canada

- Promote dialogue on avoiding unnecessary medical tests, treatments, and procedures.

<https://choosingwiselycanada.org/>