

如何識別高素質的網上健康資訊

How to Identify High-Quality Health Information Online

在評估健康資訊時，分辨可靠和不可靠的來源是很重要的。
高品質的健康資訊通常更可靠和可信。

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

較可靠和不太可靠的網上健康醫療資訊

More Reliable vs Less Reliable Online Health Information

較可靠 =



- 嘗試教育民眾，並分享正確資訊
- 來自於專家
- 是當前的而且是最新的
- 用以下字母結尾：
 - website.**gov** = 美國政府資訊
 - website.**ca** = 加拿大政府資訊
 - website.**org** = 通常為非牟利機構
 - website.**edu** = 教育機構，例如大學

More Reliable =



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

不太可靠 =



- 嘗試賺錢或售賣產品
- 並非來自於專家
- 並非最新的而且可能包含不正確的資訊
- 用以下字母結尾
 - website.**com** = 商業生意

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

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尋找可靠資訊的技巧

Search Tips for Finding Reliable Information

檢查多個來源

- 通過和多個可靠來源交叉檢驗來核實信息

Check Multiple Sources

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

使用具體關鍵詞

- 在搜索查詢中使用具體的關鍵詞以縮小搜索範圍

Use Specific Keywords

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

查找引用文獻

- 可靠的信息通常會引用其來源，檢查信息是否有支持的參考文獻

Look for Citations

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

避免偏頗言論

- 當網站呈現偏頗觀點時，要多加小心

Avoid Biased Language

- Be cautious when websites present unbalanced views.

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選擇較可靠的網上資訊的提示

Reminders for Choosing More Reliable Information



這個網站能回答您的問題嗎？

Does the website answer your questions?



這個網站有拼寫錯誤嗎？

Does the website have any grammatical or spelling mistakes?



這個網站的結尾是 .gov / .ca / .org / .edu 嗎？

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



這個網站是來自於專家嗎？

- 論壇上的大多數貼文都不是來自專家，任何人都可以在論壇上貼出回答。

Is the website from experts?

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



網站搜查程式，例如 Bing 或 Google 有時候會有廣告標籤

Web search programs, e.g. Bing or Google, will label ads sometimes.

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社區資源 General Resources

HealthLinkBC Files

- 超過200份和健康及安全相關而且簡單易明的資料
- 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

- 為加拿大處方藥物提供準確獨立的資訊
- Provides accurate and independent information on prescription drugs in Canada

<https://medbroadcast.com/drug>

Choosing Wisely Canada

- 促進有效溝通，避免不必要的醫療測試、治療和程序
- Promote dialogue on avoiding unnecessary medical tests, treatments, and procedures.

<https://choosingwiselycanada.org/recommendations/>

注意：網上健康資訊無法取代醫療提供者的護理，不是所有的資訊都適用於您的醫療情況，請務必諮詢您的醫療提供者或致電 811 獲取合適的醫療建議。

Note: Online health information can NOT replace care from a healthcare provider. Always consult your provider or call 811 for personalized advice, as not all information may apply to your medical situation.