Online Health Resources

Evaluating Online Information

- Who wrote the information?
- Is the website a .com, .org, or .gov? Which is best for health info?
- Is this information presented by a person or organization who is knowledgeable and reputable?
- Are they selling a product?
- Is the information up-to-date?

Useful Resources:
- Medline Plus: medlineplus.gov
- WebMD: webmd.com
- Mayo Clinic: mayoclinic.org
Search Medline Plus

1. Go to medlineplus.gov

2. Locate the search bar in the top right-hand corner of the screen. You can use the search bar for any health-related topic. Enter anything you’d like and see what comes up. Below are the results for a search for “hearing loss.”
Take some time to continue using the search bar. Try searching more health topics, or the names of prescription drugs and supplements. When you start typing in the search bar, you will see suggestions.

Write down 3 topics that you searched.

1. 

2. 

3. 

Now discuss the results with a partner. What information was the most useful?

Searching a reputable health site like Medline Plus for medical, drug, and health-related issues will yield better results than a simple Google search.
Explore Tabs on Medline Plus

You can also navigate around Medline Plus by clicking on the tabs:

- Health Topics
- Drugs & Supplements
- Genetics
- Medical Tests
- Medical Encyclopedia

Browse Health Topics alphabetically or select different categories.

Body Location/Systems
- Blood, Heart and Circulation
- Bones, Joints and Muscles
- Brain and Nerves
- Digestive System

With the Drugs & Supplements tab, you can learn about prescription and over-the-counter medications. Below are questions you can explore in this tab:

<table>
<thead>
<tr>
<th>Why is this medication prescribed?</th>
<th>What side effects can this medication cause?</th>
</tr>
</thead>
<tbody>
<tr>
<td>How should this medicine be used?</td>
<td>What should I know about storage and disposal of this medication?</td>
</tr>
<tr>
<td>Other uses for this medicine</td>
<td>In case of emergency/overdose</td>
</tr>
<tr>
<td>What special precautions should I follow?</td>
<td>What other information should I know?</td>
</tr>
<tr>
<td>What special dietary instructions should I follow?</td>
<td>Brand names</td>
</tr>
<tr>
<td>What should I do if I forget a dose?</td>
<td></td>
</tr>
</tbody>
</table>
Explore Videos & Tools

1. Go to medlineplus.gov and click on Site Map under the search bar.

![Site Map Image]

2. Scroll down and click on Videos & Tools. A new page will open.

3. Select Health Videos to watch videos about different medical topics, as well as videos of surgical procedures.

Click Health Check Tools to explore a variety of calculators, quizzes, and questionnaires.

These tools only open if you click on the name itself rather than in the box.

4. After clicking on Health Check Tools, scroll down and find “Hearing Disorders and Deafness.” Click on Do You Need a Hearing Test? to open a questionnaire to determine if you need a hearing test.