

# Finding Reliable Health Information

Health information abounds, but it can be difficult to figure out where to start and how to determine information accuracy. This guide, while not exhaustive, provides some resources and tools to access reliable health information.

## Medical Professionals

When you have a question about your child's health, their medical and therapy providers are likely the best sources of information. For after-hours, non-emergency questions your provider, local hospital, or insurance company may have a nurse line.

## Evaluating Web-Based Health Information

With improvements in technology it seems that more information is at our fingertips than ever before. Yet how do we, as busy parents, determine if that information is accurate? According to the National Institutes of Health, key questions to ask include:

- Who runs the website?
- What is the original source of the website's information?
- How does the website document the evidence supporting its information?
- How current is the information on the website?

NIH offers additional tools for evaluating health information [here](#).

[HealthWeb Navigator](#) from NeedyMeds provides ratings of popular health websites based on their accuracy, usability, and currency.

## Online Health Information Resources

- MedlinePlus - [www.medlineplus.gov](http://www.medlineplus.gov)
- KidsHealth - [www.kidshealth.org](http://www.kidshealth.org)
- National Institutes of Health, Health Information Resources - [www.nih.gov/health-information](http://www.nih.gov/health-information)
- Genetics Home Reference - [www.ghr.nlm.nih.gov](http://www.ghr.nlm.nih.gov)
- Lab Tests Online - [www.labtestsonline.org](http://www.labtestsonline.org)
- CDC's [Milestone Tracker App](#) is available for Android and Apple

## Prescription Drug Information

- [Drug Information Portal](#)
- [DailyMed](#)

## Library Resources

Your local public librarians can help you access library resources, as well as online databases. Additionally, the following resources are available to all Hoosiers.

- [INSPIRE databases](#) contain a variety of Health and Medicine databases.
- [The Library at the Indiana Institute on Disability and Community](#) sends materials to anyone in the state and provides a variety of online topic guides.

To learn more about finding reliable health information, contact Indiana Family to Family. We will assist you as you navigate health care systems and services, especially those available to individuals with special health care needs.

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[inf2f.org](http://inf2f.org)