This project has been funded in whole or in part with Federal funds from the Department of Health and Human Services, National Institutes of Health, National Library of Medicine, under Contract No. HHSN-276-2011-00005C with the University of Illinois at Chicago.
It is very easy to get access to health information and resources on the internet. Unfortunately, not all information that you find on the web is accurate, and some of what is published on the internet contains myths or bad information.

It is very important to know how to decide which health information is valuable and accurate, and what is not. The following are some questions to help you avoid bad health information on the internet.

**Where did this information come from?**
Any website that provides health-related information should tell you the information's source. See if you can find answers to the following questions:
- What kind of site is it? Does the website address end with .gov, .org, .edu, or .com? Websites published by the U.S. government (.gov), a nonprofit organization (.org), or a college or university (.edu) may be the most reliable sources of health information.
- Websites that end with .com are more likely to be supported by businesses that make a profit, such as drug or insurance companies.
- Does the site provide the author’s name? Look at the site’s home page, or look for a link that says “About us” or “About this site.” Often, this link will be at the bottom of the home page. Clicking on this link will usually take you to a page that explains what person or organization is responsible for the information on the website.
- Websites published by individuals may offer support and advice about coping with certain conditions and their treatments. These sites can contain reliable and useful information. However, it’s very important to double-check health information you see on a website published by an individual. While many of these sites contain good information, some may contain myths or rumors.

**How current is this information?**
Health information changes constantly as scientists learn new things about diseases and their treatments. You should know if the health-related information you’re reading is up-to-date. Many web pages will post the date on which the page was last reviewed or updated, usually found at the very bottom of the page. If this date isn’t included, check to see whether the page has a copyright line. This tells you when the information was originally written. If the page you’re reading hasn’t been reviewed in the past year, look for more recent information.

**Remember:** Information that you find on a website does not replace your doctor’s advice. Your doctor is the best person to answer questions about your personal health: he or she will know your health history and what medications you take—both of which are important in determining the course of care. If you read something on the internet that doesn’t agree with what your doctor has told you, however, be sure to ask him or her about it.

**English Sources**
- FamilyDoctor.org - http://familydoctor.org/
- www.heartlandalliance.org/
  refugeehealth

**For more information about the IHOP Project, contact:**
refugeehealthprograms@heartlandalliance.org
(773) 751-4073
www.heartlandalliance.org/refugeehealth

للمزيد من المعلومات عن “برограм التوعية الصحية للعراقين” (IHOP)
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