

Finding Health Information on the Internet

You should always look for information you can trust on the Internet. This is even more important when looking for health information.

How do you know if a website is a credible source for health information? Here are a few guidelines that you can use to help with your information search:

- Consider the source. In general, good sources for health information include sites from the federal government (.gov), educational institutes (.edu), and organizations (.org).
- Look for an “about us” link on the site that provides information on who runs the site. This may also include a mission statement that can offer an understanding of where the information is coming from.
- Check who reviews the information that you are reading. Is there a Medical Advisory Board? If you are looking at cancer information, there should be medical professionals on the board that specialize in cancer.
- When was the page last updated? Health information changes quickly and you want to make sure the information you are reading is current and up-to-date.
- Focus on Quality. Do you see spelling errors on the page? Are there dead links (links that do not connect to a page)? Does the page look disorganized? If so, you may want to try another website.
- Is the information you are reading too good to be true? If there is any doubt with what you are reading, try to find the information on another website.
- Be cautious since anyone can put information on the Internet.
- Be careful to protect your privacy. Most websites have a link to their Privacy Policy. This should explain how your information is collected, used, shared, processed and protected. Remember that your health information is confidential.
- Always verify information that you obtain on the Internet or before you make any medical decisions with your healthcare team.
- If you have a question about a website or need help finding information on the Internet, you can email the librarian at Rutgers Cancer Institute of New Jersey at cinj-rlc@cinj.rutgers.edu.

Recommended websites for general cancer informaton:

- American Cancer Socity <https://www.cancer.org/>
- Cancer.Net <https://www.cancer.net/>
- MedlinePlus <https://medlineplus.gov/>
- National Cancer Institue <https://www.cancer.gov/>
- Resource and Learning Center <https://cinj.org/rlc>

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.

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