Accessing Credible Health Information Online Checklist

Is the information from a reliable site?
Sites that have domain names with a '.gov', '.edu' or '.org' are more likely to hold accurate science based information. Sites with '.net' or '.com' are less likely to be reliable.

Can you find information about the organisation behind the website?
Before you believe any health information on the internet, find out what you can about the organisation. Who put the information on the site?

Are the qualifications of the author listed?
An author's qualification should be related to the topic and strengthened by the organisation with which they are associated.

Are the contact details of the organisation available?
Is the phone number, address or email on the website? This means you can ask further questions or check that the author can be trusted.

Is the information related to research (fact) or opinion?
Look at other reliable sites to fully understand the issue. Look for any research or statistics to back up the information. Stay away from sites that offer a 'miracle cure'.

Has the site been sponsored?
Some websites are paid for by food or drug companies and may present one-sided information. Avoid sites that ask you to send money or personal details.

Is the website current?
Health information changes all the time. Websites that are current should have the date they were last updated.

Are all the links current and working?