

How Do You Know Which Health Information to Trust?

Making decisions for yourself and your family can be confusing when there are so many opinions out there about health and illness. Here are some tips for getting reliable, factual information.



Where is the information coming from? Is the source reliable, like a well-trained healthcare provider, reputable professional or advocacy organization, or well-known university?



Search for the same information from more than once source. Look for information that relates to you, your family, and your circumstances.



Information may change as researchers learn more about medical conditions and treatments. Keep asking questions.



Try these trusted sources: [cdc.gov](https://www.cdc.gov); [medlineplus.gov](https://www.ncbi.nlm.nih.gov/pmc/).

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