816012533 Essay 6

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Essay 6 - Health information on the Web

"Many older adults share a common concern: "How can I trust the health information I find on the Internet?"" (2018) Naturally, for anyone having a health scare is a bad feeling, however, if a contiguous virus were to spread, having a reliable and easily accessible source would be a great help especially for the older generation. A live example of a virus outbreak would be Covid-19 and on every social media and every website, every TV and radio will be informing the people of the world what is going on with this crisis. "The National Institutes of Health website is a good place to start for reliable health information." (2018) In this essay the National Institutes of Health would be focused on as a reliable source for people to get health information.

Things to note when choosing or trusting a reliable website for health information; 'who are the sponsors or who created or is hosting the website?'. "Knowing who is funding the website may give your insight into the mission or goal of the site. Sometimes, the website address (called a URL) is helpful." (2018) Some examples would be a governmental supported site with the URL of .gov, .edu for websites supported by an educational institution, .org supported by a non-profitable website and lastly .com which is supported as commercial website. 'Who researched and reported the information onto the website?' People would trust a well-known researcher or doctor for reliable information. 'Is the information relevant for the current period?' meaning if its an article on Covid-19 for example this virus was first reported in 2019 and people would wat that information for the pandemic that is plaguing the world right now so that they will be updated with the truth about the virus. 'What is the purpose of the information on the website?' The website should contain information relevant to health issues or medical things on timely basis and updated as soon as possible for the people to be aware of.

Other questions which should be considered are; 'what are the privacy policies?' and 'Is the site accredited or acknowledged?'. As an individual all these are important when considering what sources to take health information from because if you self-diagnose yourself, it may lead to disaster. However, getting information on these health websites are always informative and knowledgeable but you must always trust your doctor as get tested or treatment properly. As the website stated, "Use common sense and good judgment when looking at health information online. There are websites on nearly every health topic, and many have no rules overseeing the quality of the information provided. Use the information you find online as one tool to become more informed." (2018).

In conclusion when using online health website, it is always good to stay informed of the world health trends but always remember trust your doctor and make sure the sources of the information you get is credible. Always check in with your doctor if you have doubles.

Reference

2018. *Online Health Information: Is It Reliable?* October 31. Accessed November 20, 2020.

https://www.nia.nih.gov/health/online-health-information-it-reliable.

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