

Finding and understanding information



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Key steps for information finding

- ✓ **Be specific in defining** the symptoms, the condition, treatments and prevention tips about the **health concern** you are looking for, in order to **find specific informations**
- ✓ **Use reliable sources**, such as **medical websites, scientific journals** and **government health portals**
- ✓ **Evaluate the credibility of information**,
 - Check the **author** (such as doctors or experts in the field),
 - Look for **recent or updated sources** and
 - **Evidence-based info**, so data supported by clinical studies or scientific research
- ✓ **Cross-reference the information = compare findings** from multiple reputable sources to verify consistency and accuracy.
- ✓ **Consult healthcare specialists**, to discuss your finding and ask them for clarification



Types of information sources

To understand if the source of information is reliable, it is important knowing how the sources are classified:

1

Primary Sources

Direct information on a given topic (e.g., scientific article, famous professionals).



2

Secondary Sources

Analyze and reprocess direct information (e.g., a newspaper article, a social media post, an article on a hospital website).

You need to understand the primary source they come from



Remember: **the closer you are to the source, the more correct the information is.** The farther away from the source, the more opinions and interpretations can get away from the truth.

How to do it ?

✓ Check the Author

Who wrote it? Look for the author's expertise in the subject. Are they a professor, journalist, or researcher? Are they well-known in the field?

✓ Evaluate the Publisher or Website

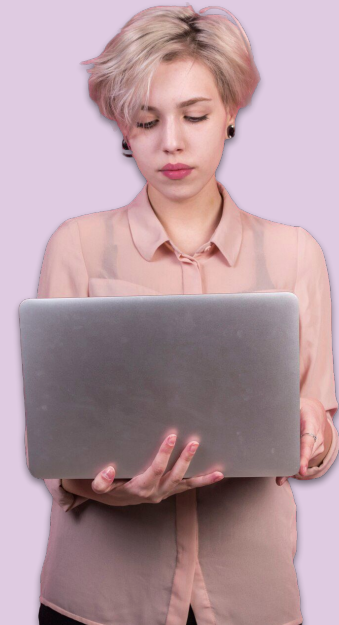
Is it a trusted platform? Reliable sources come from established publishers like universities, reputable media outlets, or well-known websites.

✓ Look at the Sources Used

What sources do they cite? A reliable secondary source cites solid primary sources (like studies, data, or firsthand accounts) and references other respected materials.

✓ Watch Out for Bias

Does it seem balanced? Reliable sources show both sides of an issue and don't try to push a particular viewpoint too hard.



How to do it ?

✓ Cross-Check Information

Can you find this info elsewhere? If other trustworthy sources support the same facts or ideas, it's more likely to be reliable.

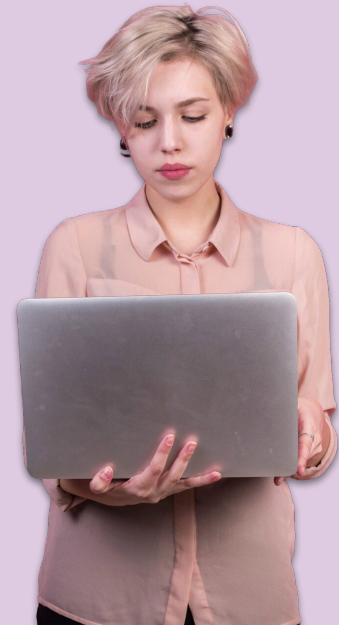
✓ Consider the Date

Is the information up-to-date? For topics that change quickly, newer sources are usually better.

✓ Check for Citations and Reviews

Is it well-cited? In academic or expert articles, lots of citations show it's respected in the field. Positive reviews from experts also help.

Follow these easy steps and quickly understand if a secondary source is trustworthy or not!



When in doubt...

Online, try using these links for fact-checking websites for health information:

- [Cochrane](#)
 - [MedlinePlus \(National Library of Medicine\)](#)
 - [Mayo Clinic](#)
 - [Quackwatch](#)
 - [Snopes \(Health Category\)](#)
 - [CDC \(Centers for Disease Control and Prevention\)](#)
 - [WHO \(World Health Organization\)](#)
 - [Health Feedback](#)
- and always ASK A SPECIALIST!



TO FIND OUT MORE

