

# How to find good health information online

[Watch video](https://www.youtube.com/watch?v=-eWF6Gxo2bY)(<https://www.youtube.com/watch?v=-eWF6Gxo2bY>)

## About Easy Read

Easier words with pictures to help explain some ideas.

## Find good health information online

Boy looking at health information on his computer and thinking, “Can I trust it?” and “Is it good?”

This video and fact sheet are about health information on websites.

Health information can help you make choices about your health.

Some information online is good.

Some information is not good.

The video and fact sheet can help you learn the difference.

Knowing how to check information can help keep you safe.

You can watch the video or read the fact sheet on your own.

You can look at them with someone you trust.

You can pause the video and watch it again.

[Easy English fact sheet: Find good health information online \(safetyandquality.gov.au\)](https://www.safetyandquality.gov.au)

This video and Easy English fact sheet are about health information online, like information you find on a website. Health information can help you make choices about your health.

Some information online is good. Some information is not good. The video and fact sheet can help you learn the difference.

For example, the fact sheet says you should check where the information is from, like if it is from Australia. Information that comes from where you live is more likely to be good for you.

The video and fact sheet explain that some information online can be confusing or wrong. Knowing how to check information can help keep you safe.

You can watch the video or read the fact sheet on your own. You can look at them with someone you trust. You can pause the video and watch it again.

## **This resource was made by**

### **Australian Commission on Safety and Quality in Health Care**

The Commission leads and coordinates national improvements in the safety and quality of health care in Australia. It is part of the Health portfolio of the Australian Government.

- [Visit website](https://www.safetyandquality.gov.au)