

Is This Health Information Safe?

The internet can be a helpful tool to find information, but not all sources are accurate or culturally safe. Here are five tips to help check if the health information you are reading is safe and accurate:

1. CHECK THE AUTHOR:

Are they a health expert? If you can't find their name or job, double-check with a member of your health care team.

2. CHECK THE WEBSITE NAME:

Trusted websites often belong to a well-known health organization such as Alzheimer Society of Canada.

3. CHECK THE DATE:

Health advice changes over time. It is important that the information is recent.

4. DOUBLE-CHECK THE INFORMATION:

It is a good idea to double-check the health information you have just read. This can be done by chatting with an Elder, Traditional Healer, your community health care team, family or friends or other reputable health websites.

5. FIRST NATIONS PERSPECTIVE:

Does this health information fit with your First Nations teachings or ways of doing things? If it doesn't, could some of the information still feel helpful for you right now?

When you look for health information online, it can sometimes feel confusing or overwhelming. If you're not sure about something, you can ask a member of your care team for help.

For more information about caregiving, please email cdsi@fnha.ca or scan the QR Code below.



First Nations
Health Authority
Health through wellness