

HEALTH INFORMATION ONLINE WORKSHEET

Multiple Choice Questions: Choose the correct answer.

1. Which of the following is a red flag when assessing online health information?
 - A) Citing reliable sources
 - B) Promising quick and miraculous results
 - C) Providing detailed explanations
 - D) Offering free educational resources
2. What should you do if a website asks for your personal information in exchange for health advice?
 - A) Provide your information
 - B) Ignore the request
 - C) Verify the website's credibility
 - D) Report the website
3. Why is it essential to verify the credentials of the source when evaluating health information?
 - A) To make the information more interesting
 - B) To ensure the information is accurate and reliable
 - C) To increase website traffic
 - D) To promote false information
4. When encountering conflicting health advice online, what is the best course of action?
 - A) Believe the most popular opinion
 - B) Consult a health care professional
 - C) Disregard all advice
 - D) Share the conflicting information with friends
5. Which statement is true about seeking a second opinion when it comes to health care?
 - A) It is unnecessary and a waste of time
 - B) It can provide valuable insights and options
 - C) Second opinions are always expensive
 - D) Health care professionals discourage seeking second opinions

Open-Ended Questions: Answer the following questions in complete sentences.

1. Why is it important to verify the credentials of the source when evaluating health information?
2. What steps can you take to ensure that the health information you find online is trustworthy?
3. How can misinformation about health topics impact individuals and communities?

Answer Key:

Multiple Choice Questions:

1. **B)** Promising quick and miraculous results
2. **C)** Verify the website's credibility
3. **B)** To ensure the information is correct and reliable
4. **B)** Consult a health care professional
5. **B)** It can offer valuable insights and options

Open-Ended Questions:

1. It is important to verify the credentials of the source when evaluating health information to ensure that the information comes from reputable and knowledgeable sources, increasing the likelihood of accuracy and reliability.
2. To ensure that health information found online is trustworthy, one can check the source's credentials, look for supporting evidence, verify information with reputable websites, and consult health care professionals.
3. Misinformation about health topics can lead individuals to make harmful decisions, ignore necessary treatments, or pursue ineffective remedies, ultimately impacting the well-being of individuals and undermining public health initiatives.