

# 4 RED FLAGS



Believe it.. or Not? How to check if online health information is reliable in our digital age



## “Too Good to Be True”

- Make unbelievable claims.
- Promote “miracle cures”, or provide one-sided reviews.

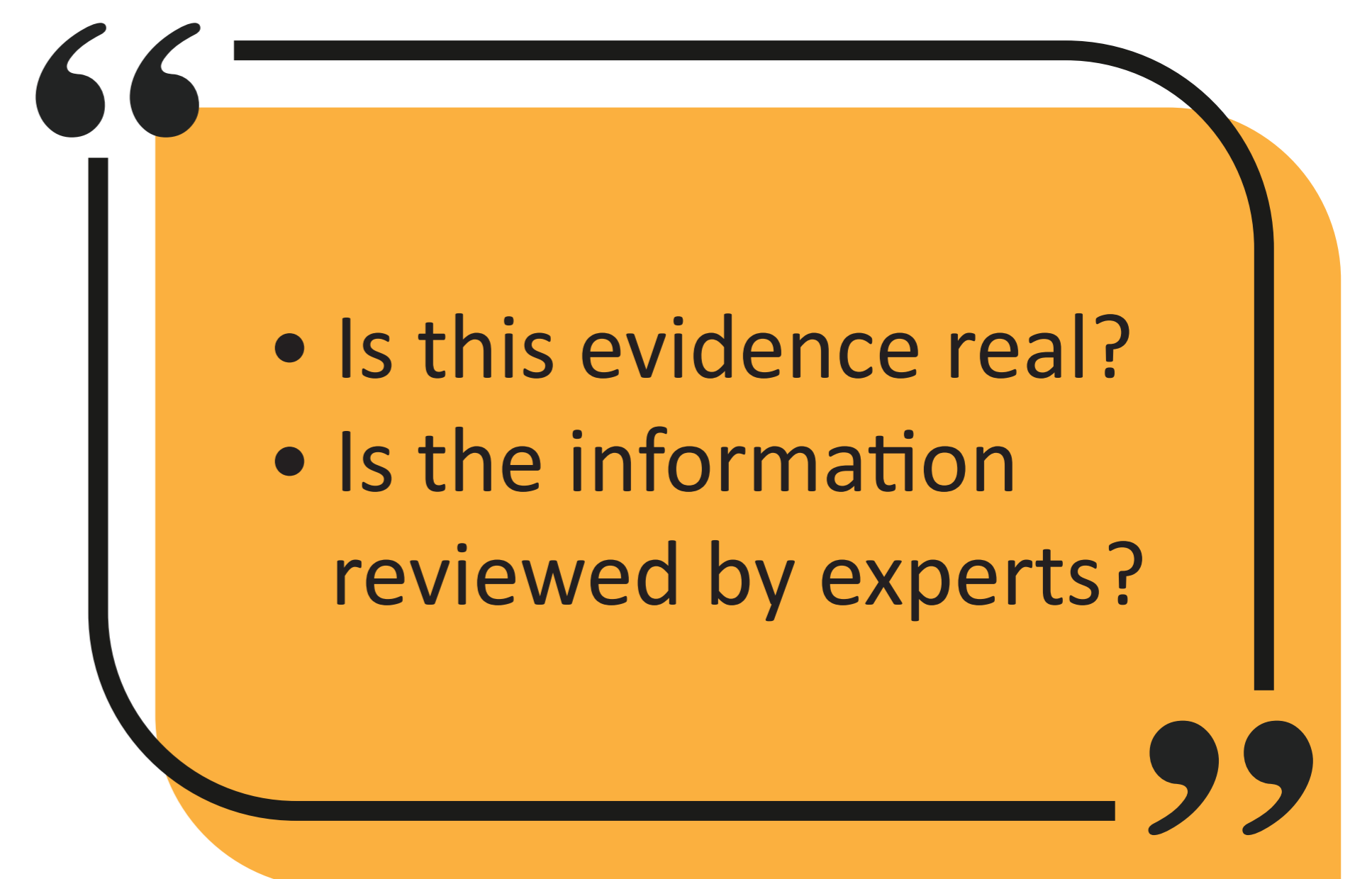


- Are these reviews genuine?



## Lack of Quality Information

- Lack of original sources of data and research listed.
- No information about the site’s editorial team or authors’ qualifications.

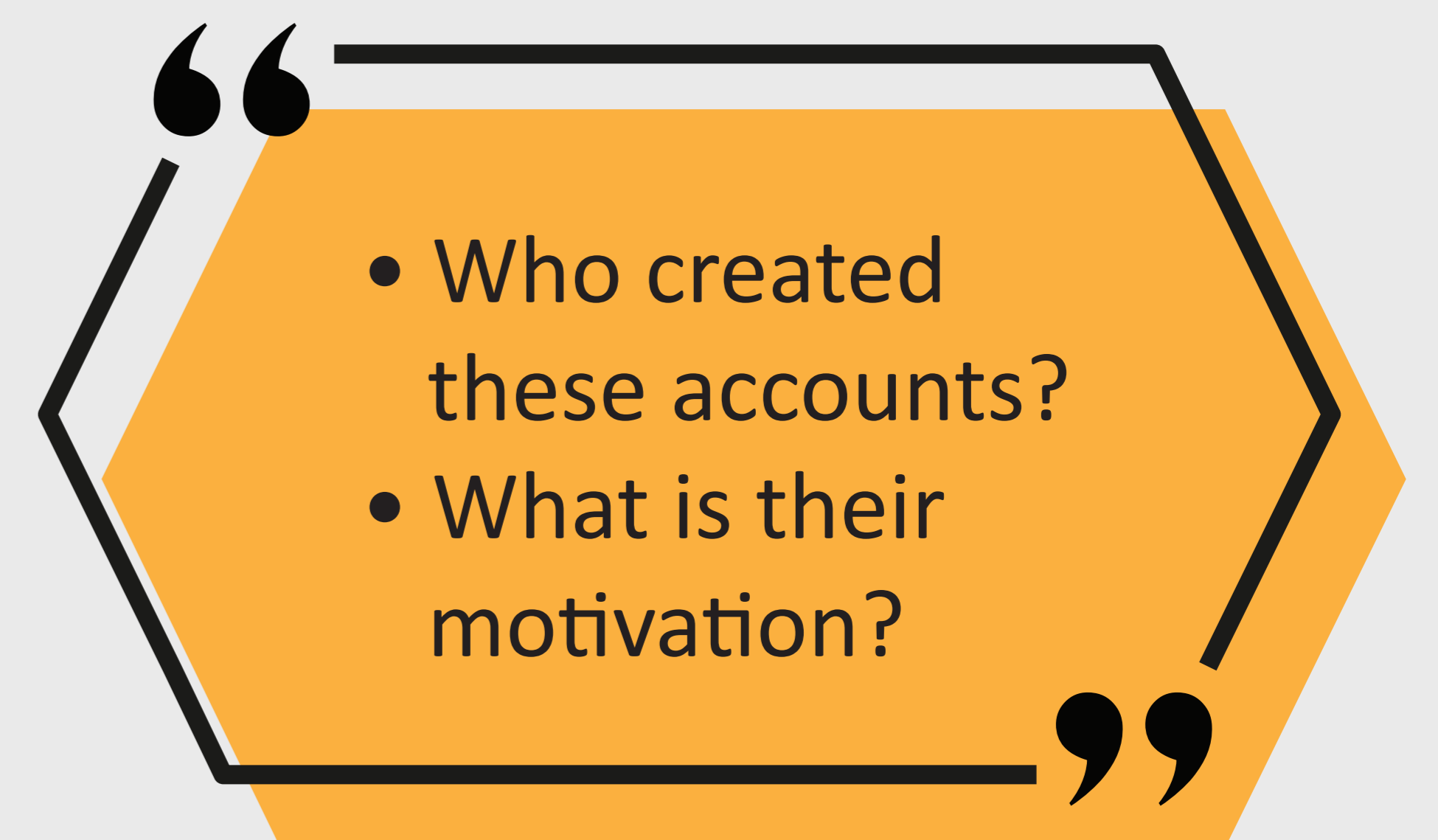


- Is this evidence real?
- Is the information reviewed by experts?



## Questionable Social Media Accounts

- Dubious posts intended for virality on social media platforms.
- Spam accounts or emails with poor grammar and spelling mistakes.

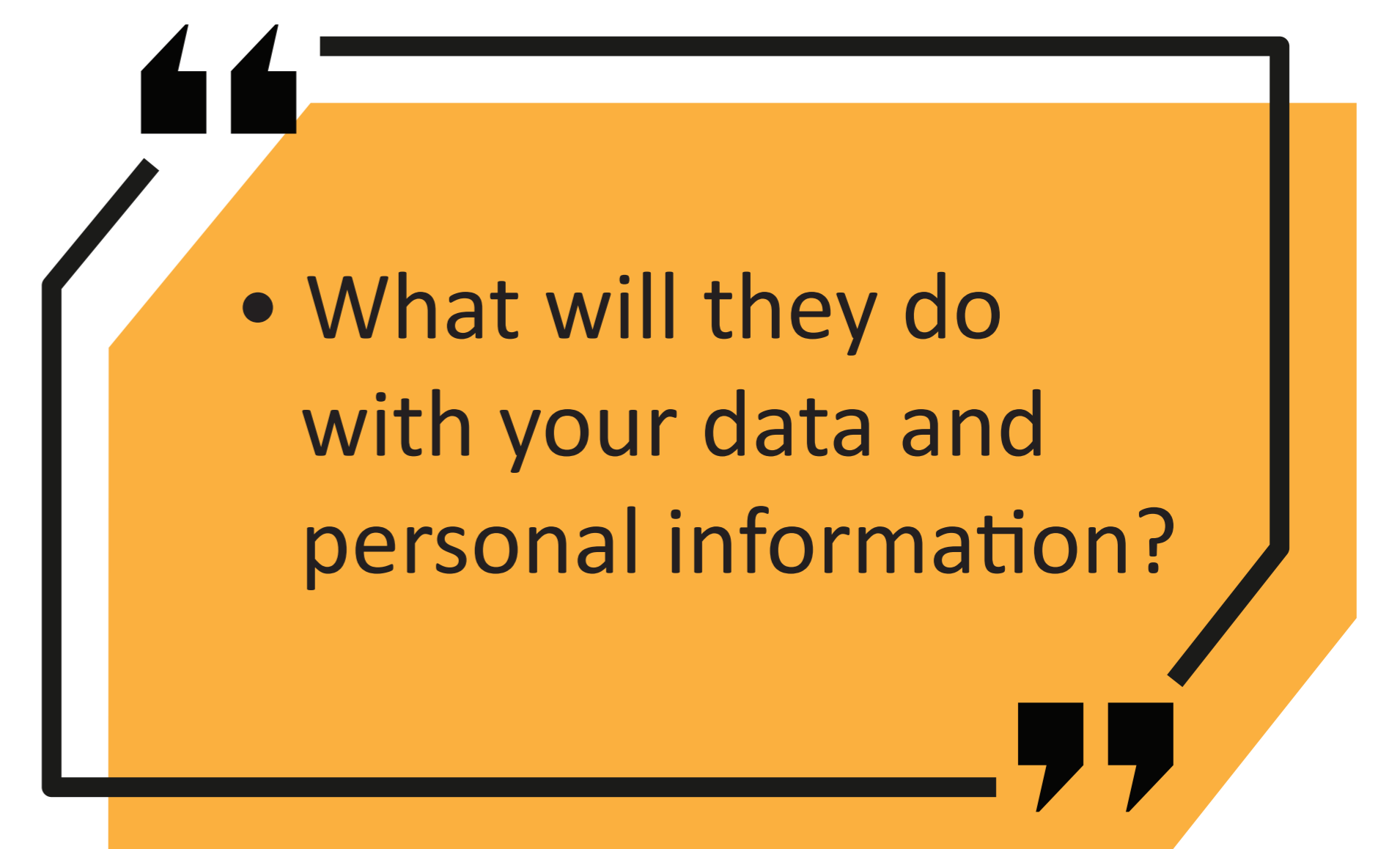


- Who created these accounts?
- What is their motivation?



## Unusual Site-Related Information

- Privacy policy is not site-specific and not easily accessible.
- Lack of platform (address, email, contact number) to communicate with site owner.



- What will they do with your data and personal information?



Speak with your Pharmacist for advice on medication management, and always purchase from reputable sources!

