



# 4 RED FLAGS



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



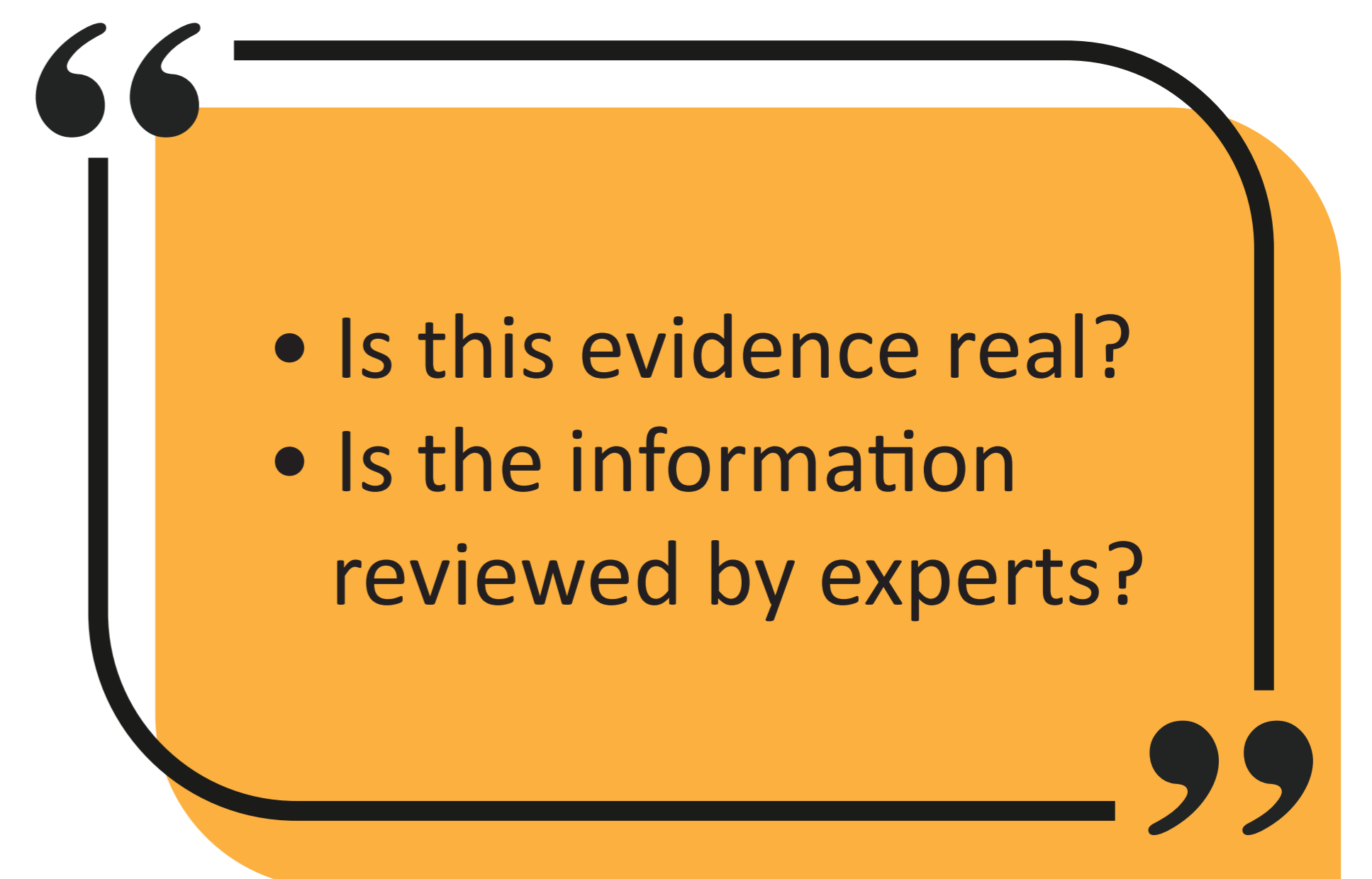
## “Too Good to Be True”

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



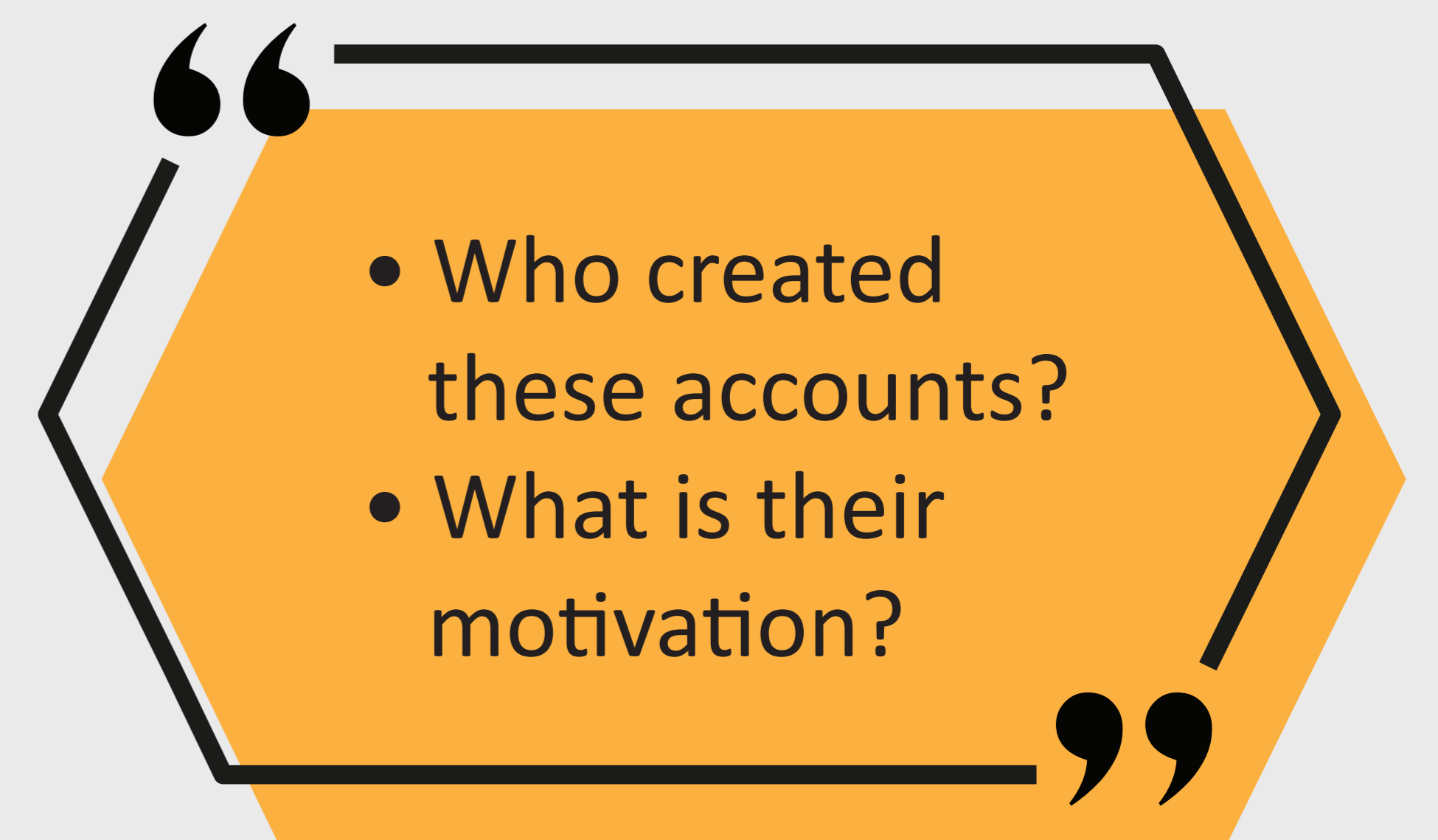
## Lack of Quality Information

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



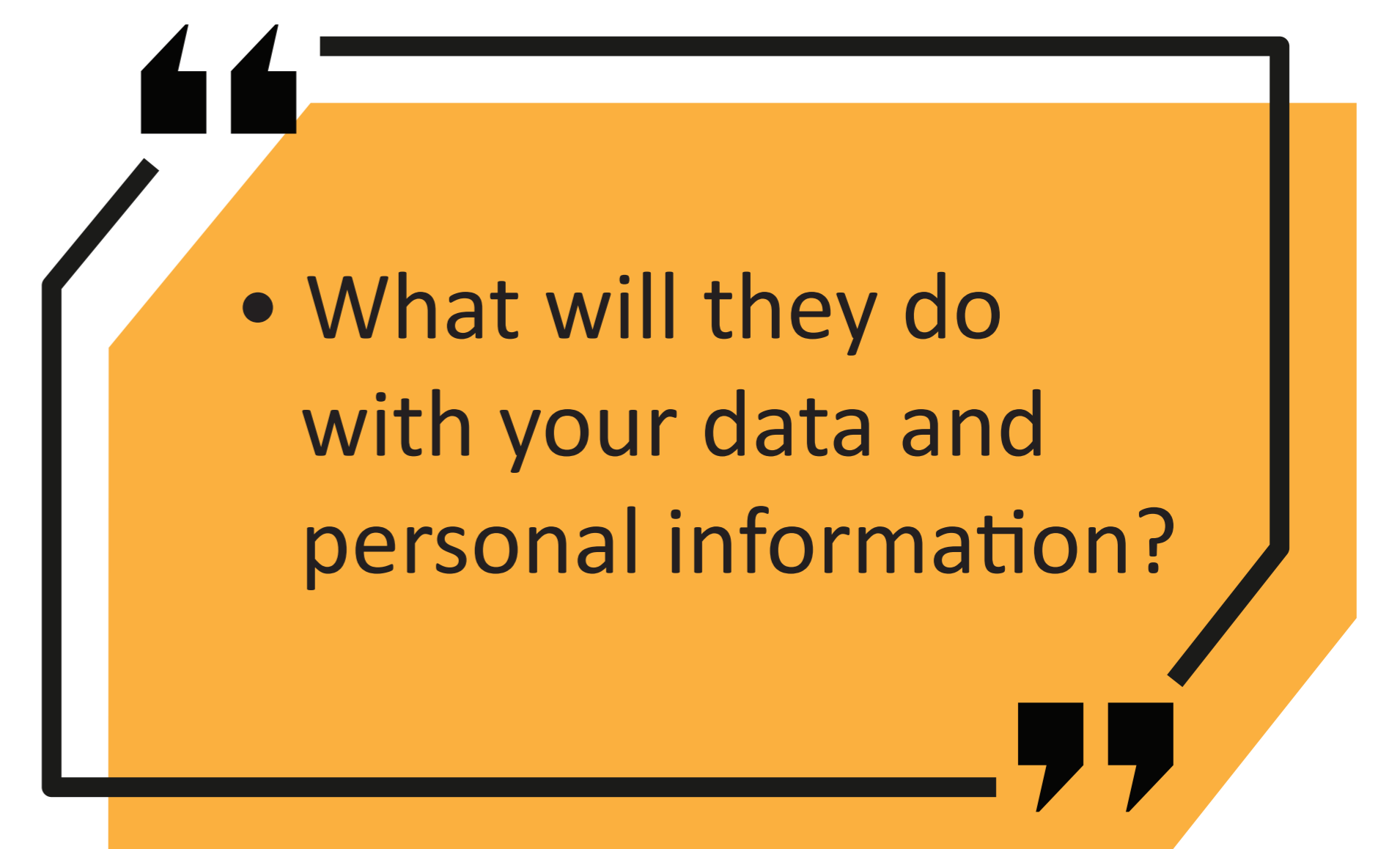
## Questionable Social Media Accounts

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



## 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.



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

