

**Health Literacy Workshop: Disease information**

**Last week we searched for drugs. This week we’re going to search for an illness or condition. It can be one you have, one a family member has, or one that you’d just like to know more about!**

**Step 1:** What is your illness or condition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 2:** Look for the illness or condition on 4 kinds websites:

National Library of Health (MedlinePlus): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Wikipedia: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Google it! (Blog? Dr. Oz?): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Government (B.C? Alberta? Canada?): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 3:** Think about your experiences (We’re here to help!)

* Which website gave the most trustworthy information? Why?
* Which website gave the easiest to understand information? Why?
* Did you find anything on any of the websites you did not trust?
* What didn’t you like about your chosen websites?
* Did searching for your illness make you feel better or worse about it?

**Take Home Assignment 2:**

Please read the attached news article and answer the following questions.

1. Are there any experts interviewed in the article?
* Yes
* No
* Unsure
1. What is the information in the article based on?
2. Would you say this information is biased? (Who promoted it? Is it fear mongering?)
3. Are you at risk of the illness described in the article?
* Yes
* No
* Unsure
1. Have you seen this message anywhere else lately?
* Yes
* No
* Unsure
1. How do you know if you have the illness described in the article?
2. What are the signs or symptoms?
3. Did you find any signs or symptoms you were not aware of?
* Yes
* No
1. What do you do if you think you have the illness?