

TRUSTED HEALTH RESOURCES



Your handy guide to internet sources for reliable health information.



Public Health
Prevent. Promote. Protect.
Amarillo



NOTE: An online copy of this guide can be accessed at AmarilloAlerts.com/resources.

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These resources were chosen using the National Academy of Medicine’s Foundational Principles and Attributes of Credible Sources of Health Information:

- **Science-Based:** Sources that provide information consistent with the best scientific evidence available at the time and meet scientific standards.
- **Objective:** Sources that take steps to reduce the influence of financial and other forms of conflict of interest or bias.
- **Transparent and accountable:** Sources that disclose the limitations of the information they provide.

To learn more, read the National Academy of Medicine’s paper on Identifying Credible Sources of Health Information:
<https://nam.edu/identifying-credible-sources-of-health-information-in-social-media-principles-and-attributes/>

TRUSTED HEALTH RESOURCES

In today's world, a lot of health information is available online. But it's important to know which sources we can trust.

Amarillo Public Health provides up-to-date health information at www.amarillo.gov/departments/community-services/public-health. You can also follow City of Amarillo Department of Public Health on Facebook for trusted health information and the latest local public health news.

In addition to Amarillo Public Health, health websites sponsored by federal government agencies end in ".gov" and are accurate sources of information. You can also trust information from medical and health care organizations, hospitals and academic medical institutions. If you're unsure, ask your health care provider for credible health information online.

We've made a list below of reliable resources to help you find information. Check out the topics to find the answers you need.

Comprehensive Health Information

2-1-1

Simply dial 2-1-1 on your phone for quality information, referral and helpline services.

www.211texas.org

Centers for Disease Control and Prevention (CDC)

A national public health institute in the U.S., it provides health information and recommendations on many health topics.

www.cdc.gov/health-topics.html

Everyday Health

Offers medical information and advice, tailored news and tools for managing health.

www.everydayhealth.com

Healthline

Offers accessible and clear health and wellness information verified by experts.

www.healthline.com

Johns Hopkins Medicine

Renowned for its teaching hospital and medical school, it provides comprehensive health information and research updates.

www.hopkinsmedicine.org

Mayo Clinic

A renowned nonprofit medical institution that has easy-to-understand answers about diseases and conditions.

www.mayoclinic.org/diseases-conditions

MedlinePlus

A free resource from the National Library of Medicine with updated health information.

www.medlineplus.gov

Medscape

Provides clinicians and other healthcare professionals with clinical information.

www.medscape.com

National Center for Complementary and Integrative Health

Provides information on various complementary and integrative health approaches.

www.nccih.nih.gov

National Institutes of Health (NIH)

Promotes the nation's health with research-backed information on many health topics.

www.nih.gov/health-information

WebMD

A source for health and medical information, covering symptoms, drugs and treatments.

www.webmd.com

World Health Organization (WHO)

The world's leaders in public health offer information on more than 200 health topics.

www.who.int



AIDS/HIV

AIDSinfo

Delivers the latest federally approved HIV/AIDS medical practice guidelines.

aidsinfo.unaids.org

CDC – HIV Basics

Provides in-depth information about HIV, its prevention and treatment.

www.cdc.gov/hiv

HIV.gov (U.S. Department of Health & Human Services)

Focuses on federal response to HIV, offering tools and information on prevention, testing and treatment.

www.hiv.gov

HIVinfo

Offers comprehensive information and resources about HIV prevention, testing, treatment and related health topics.

hivinfo.nih.gov

The Body: The Complete HIV/AIDS Resource

Offers comprehensive resources related to HIV/AIDS, from basic information to advanced topics.

www.thebody.com



ALLERGIES

American Academy of Allergy, Asthma & Immunology

A professional organization that offers insights into allergic diseases.

www.aaaai.org

Food Allergy Research & Education

Provides information on food allergies and advocates for those affected.

www.foodallergy.org

MedlinePlus – Allergy Topic Page

Covers various allergy topics including symptoms, treatments and preventive measures.

www.medlineplus.gov/allergy.html

National Institute of Allergy and Infectious Diseases

Focuses on research and providing information on allergies and infectious diseases.

www.niaid.nih.gov/diseases-conditions

Pollen.com

Offers daily pollen count and forecasts for locations across the U.S.

www.pollen.com

WebMD Allergies Health Center

Provides comprehensive insights on various allergies and treatments.

www.webmd.com/allergies



CANCER

American Cancer Society

A nationwide health organization providing information on early detection, diagnosis and treatment options for many types of cancers.

www.cancer.org

CancerCare

A national organization offering free professional support services for anyone affected by cancer.

www.cancercare.org

Cancer.net

An oncologist-approved resource from the American Society of Clinical Oncology providing patients with trustworthy information on cancer diagnosis and treatment.

www.cancer.net

Leukemia & Lymphoma Society

A global leader in the fight against leukemia, lymphoma and other blood cancers, providing research, patient support and advocacy.

www.LLS.org

Mayo Clinic – Cancer Center

Find information on cancer symptoms, causes, prevention, diagnosis and treatment.

www.mayoclinic.org/diseases-conditions/cancer/symptoms-causes/syc-20370588

MD Anderson Cancer Center

Cancer information for patients, families, caregivers and survivors.

www.mdanderson.org

National Cancer Institute

The federal government's primary agency for cancer research and training, aiming to lead, conduct and support cancer research across the nation.

www.cancer.gov

Prostate Cancer Foundation

Resources for prostate cancer patients and caregivers on diagnosis, treatment and side effects.

www.pcf.org

Susan G. Komen

Information on breast cancer signs and symptoms, diagnosis, treatment and survivorship.

www.komen.org



FamilyDoctor.org

Provides health information for the whole family, including diseases, conditions, prevention and wellness.

www.familydoctor.org

Healthy Children

A parenting website backed by 67,000 pediatricians committed to the attainment of optimal physical, mental and social health for all infants, children, adolescents and young adults.

www.healthychildren.org

KidsHealth

Offers doctor-reviewed advice on children's health, from before birth through adolescence, for parents, kids and teens.

www.kidshealth.org

WIC Texas

The supplemental nutrition program for children under the age of five and pregnant mothers, WIC shares breastfeeding and nutrition tips, information for applying to WIC and ways to make the most of WIC benefits.

www.texaswic.org



CDC - Covid

The leading national public health institute of the U.S. offers comprehensive resources and updates on Covid.

www.cdc.gov/coronavirus/2019-ncov/index.html

Covid.gov

A government-backed resource providing the latest updates, guidelines and resources related to Covid.

www.covid.gov



MouthHealthy

This resource website of the American Dental Association has information on dental care concerns and guidance for all ages.

www.mouthhealthy.org



American Association of Clinical Endocrinologists

Experts in endocrine care, offering resources on diabetes and other conditions.

www.aace.com

American Diabetes Association

Provides diabetes warning signs, treatment, care, nutrition and wellness information.

www.diabetes.org

Association of Diabetes Care & Education Specialists

Focuses on education and care strategies for people with diabetes.

www.diabeteseducator.org/living-with-diabetes

CDC – Diabetes

The government’s hub for statistics, guidelines and resources on diabetes.

www.cdc.gov/diabetes

Diabetes Research Institute

“Living With Diabetes” section offers support for parents, tips and resources.

www.diabetesresearch.org

Juvenile Diabetes Research Foundation

Resources for kids, teens and adults diagnosed with Type 1 Diabetes.

www.jdrf.org

National Institute of Diabetes and Digestive and Kidney Diseases

A federal institute offering research and information on diabetes and related conditions.

www.niddk.nih.gov



American Optometric Association

Offering resources and information about eye health and conditions.

www.aoa.org/healthy-eyes



American Heart Association

Offering information on heart health topics, healthy living and caregiver support.

www.heart.org

CardioSmart - American College of Cardiology

A patient-centered hub for heart health information.

www.cardiosmart.org

CDC – Heart Disease

The government’s central spot for heart disease stats and resources.

www.cdc.gov/heartdisease

Cleveland Clinic - Heart, Vascular & Thoracic Institute

Pioneers in heart and vascular care.

my.clevelandclinic.org/departments/heart/diseases-conditions

Mayo Clinic – Cardiovascular Medicine

Research-based heart care information from a renowned institution.

www.mayoclinic.org/departments-centers/cardiovascular-medicine

Medscape Cardiology

Cardiology news, research and clinical information.

www.medscape.com/cardiology

National Heart, Lung and Blood Institute

A government institute providing research and guidelines on cardiovascular health.

www.nhlbi.nih.gov

UpBeat

The Heart Rhythm Society’s patient hub offers resources for many heart disorders.

www.upbeat.org



Infectious Diseases Society of America

Experts sharing research and information regarding infectious diseases.

www.idsociety.org

National Institute of Allergy and Infectious Diseases

Government body focusing on research and information on infectious diseases.

www.niaid.nih.gov



CDC – Influenza (Flu)

Provides a comprehensive overview of influenza, including symptoms, prevention, vaccination information and tracking of flu activity in the U.S.

www.cdc.gov/flu

Flu.gov

A U.S. government website dedicated to providing all the information you would need regarding the flu, from prevention to treatment.

www.flu.gov

Mayo Clinic – Influenza (Flu)

Provides an in-depth look at influenza, discussing its causes, symptoms and treatments.

www.mayoclinic.org/diseases-conditions/flu/symptoms-causes/syc-20351719

WHO – Influenza

Provides an international perspective on influenza, tracking global outbreaks and providing resources for both the public and healthcare professionals.

www.who.int/influenza



American Psychiatric Association

Information for patients and families on symptoms, risk factors and treatment options for common mental disorders.

www.psychiatry.org

American Psychological Association

Resources and information on many mental health and wellness topics.

www.apa.org/topics

Anxiety & Depression Association of America

Facts, management tips and support resources.

www.adaa.org

Mental Health America

Mental health facts, conditions, guiding resources and tools to help understand and improve mental health.

www.mhanational.org

National Alliance on Mental Illness

Provides mental health education and resources on conditions, diagnosis and treatment to support individuals and families.

www.nami.org

National Institute of Mental Health

Provides expert-reviewed information mental disorders.

www.nimh.nih.gov

Panhandle Mental Health Guide

A comprehensive resource directory and information library for mental health in the Texas Panhandle.

www.panhandlementalhealthguide.org

Substance Abuse and Mental Health Services Administration

Offers resources and information on substance abuse and mental health.

www.samhsa.gov

Well Being Trust

Focuses on comprehensive strategies for mental health and wellness.

www.wellbeingtrust.org/mental-health-resources



Academy of Nutrition and Dietetics

Offers information on nutrition and health, from meal planning and prep to choices that can help prevent or manage health conditions.

www.eatright.org

Mayo Clinic – Nutrition and Healthy Eating

Expert guidance on balanced diets and healthy food choices.

www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating

United States Department of Agriculture

A gateway to federal nutrition information and advice.

www.nutrition.gov



American College of Obstetricians and Gynecologists

A leading organization offering guidelines and resources on women's reproductive health.

www.acog.org/womens-health

WIC Texas

The supplemental nutrition program for children under the age of five and pregnant mothers, WIC shares breastfeeding and nutrition tips, information for applying to WIC and ways to make the most of WIC benefits.

www.texaswic.org

BabyCenter

A popular resource for expectant and new parents covering various aspects of pregnancy and early childhood.

www.babycenter.com

CDC – Pregnancy

The CDC’s trusted resource for pregnancy-related health information and statistics.

www.cdc.gov/pregnancy

Healthy Amarillo Women

A resource for information to keep women healthy before, during and after pregnancy.

www.healthymarillowomen.org

Infant Risk Center – Texas Tech University Health Sciences Center

Expert advice for mothers and those who are pregnant on the safety of drugs and other exposures during pregnancy and breastfeeding.

www.infantrisk.com

La Leche League International

An organization dedicated to supporting and promoting breastfeeding worldwide.

www.LLLI.org

March of Dimes

Advocacy and resources for maternal and infant health, particularly around premature birth.

www.marchofdimes.org

Mayo Clinic - Pregnancy and Breastfeeding

Comprehensive insights and advice on every stage of pregnancy and breastfeeding.

www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-basics/art-20503433

U.S. Office on Women’s Health – Breastfeeding

Government resources supporting breastfeeding and its benefits.

www.womenshealth.gov/breastfeeding



PRESCRIPTION DRUGS AND MEDICATIONS

Drugs.com

A comprehensive online drug information resource for consumers and healthcare professionals.

www.drugs.com

Mayo Clinic – Drugs and Supplements

Reliable information on prescription drugs, over-the-counter medicines and natural products.

www.mayoclinic.org/drugs-supplements

MedlinePlus

Trusted health information, including drug details, from the National Library of Medicine.

www.medlineplus.gov/druginformation.html

RxList

An online drug index offering detailed and user-friendly drug information.

www.rxlist.com

U.S. Food and Drug Administration – Drugs

The federal agency responsible for ensuring the safety, efficacy and security of drugs.

www.fda.gov/drugs



RESPIRATORY SYNCYTIAL VIRUS (RSV)

American Lung Association – RSV

Provides detailed information about RSV symptoms, diagnosis, treatment and prevention.

www.lung.org/lung-health-diseases/lung-disease-lookup/rsv

CDC – RSV

Comprehensive overview of RSV, including its prevention, symptoms and care, along with details specifically for healthcare professionals.

www.cdc.gov/rsv

Mayo Clinic – RSV

Provides an in-depth review of RSV, discussing its symptoms, causes and treatment methods.

www.mayoclinic.org/diseases-conditions/respiratory-syncytial-virus/symptoms-causes/syc-20353098



SKIN

American Academy of Dermatology

The largest, most influential dermatology group in the U.S. offers resources on skin health, conditions and treatments.

www.aad.org



STROKES

American Stroke Association

A division of the American Heart Association offering resources for stroke prevention and information on living with the effects of stroke.

www.stroke.org

CDC – Stroke

The CDC's comprehensive resources on stroke prevention and statistics.

www.cdc.gov/stroke

Johns Hopkins Medicine – Stroke

Comprehensive information on stroke care and research from a leading institution.

www.hopkinsmedicine.org/health/conditions-and-diseases/stroke

Mayo Clinic – Stroke

Expert insights and care guidance for those affected by stroke.

www.mayoclinic.org/diseases-conditions/stroke/symptoms-causes/syc-20350113

National Institute of Neurological Disorders and Stroke

Provides brain disorders, clinical trials and current neurological research.

www.ninds.nih.gov



SUBSTANCE MISUSE

National Institute on Alcohol Abuse and Alcoholism

Provides information on alcohol's effect on health and how to get help for alcohol dependency.

niaaa.nih.gov

Substance Abuse and Mental Health Services Administration

The primary agency for improving access to substance misuse and mental health services offers information on mental health topics and easy access to find help.

www.samhsa.gov



VACCINES

CDC – Vaccines and Immunizations

Governmental resources detailing the importance, schedule and safety of vaccinations.

www.cdc.gov/vaccines

Immunization Action Coalition

A source of timely immunization information for healthcare professionals and patients.

www.immunize.org

Vaccinate Your Family

Information in Spanish and English with answers about vaccines for pregnancy, babies, children, teens and adults.

www.vaccinateyourfamily.org

Vaccines.gov

The federal gateway to information on vaccines for infants, children, teenagers, adults and seniors.

www.vaccines.gov

Vaccine Information

A source for scientifically detailed vaccine information for all ages.

www.vaccineinformation.org

Voices for Vaccines

A parent-driven organization offering information on the science behind vaccine ingredients, development and safety.

www.voicesforvaccines.org



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