Finding dependable health information on the Internet can be nerve-wracking, and patrons looking for this kind of information often have a lot at stake. Make sure they know about these three resources (available in English and Spanish), as a starting place to find general information and additional sources for most general health concerns.

- **MedlinePlus** – This is the best general consumer health information resource on the Web! It sources a wide variety of government agencies, nationwide clearinghouses and specialized health foundations / institutes.

In addition to the Spanish language 'mirror' site, there are detailed handouts on many topics in other languages too.
All sources are vetted and screened to be extremely reputable.

There is a lot of treatment information for most common maladies.

*Video resources are very helpful for patrons with limited literacy skills. Self-playing tutorials are read aloud, for those with reading or vision disabilities. There is a pdf option for those who prefer to read.
• **Centers for Disease Control and Prevention**—(aka CDC) This agency is particularly strong in providing information on communicable diseases.

It contains a Public Health Image Library (PHIL) --from both disease and injury-- as well how to minimize health risks from smoking, substance abuse, etc.

*There are also great facts for students’ reports!*

For more information or other reference and collection development assistance, call the Reference & Information Desk at Adriance Memorial Library at (845) 485-3445 or (800) 804-0092, extension 3702.
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CDC is very strong in providing health statistics.

There are some excellent charts and graphs!
CDC is also the lead agency in dealing with outbreaks of disease that are foodborne, and are the go-to place for updates on tracking them to the source—and any subsequent product recalls... as well as keeping tabs on communicable diseases.

**Parasites - Cyclosporiasis (Cyclospora Infection)**

*Updated today! Information is current!*

On June 28, 2013, CDC was notified of 2 laboratory-confirmed cases of *Cyclospora infection* in Iowa residents who had become ill in June and did not have a history of international travel during the 14 days before the onset of illness. Since that date, CDC has been collaborating with public health officials in multiple states and the US Food and Drug Administration (FDA) to investigate an outbreak of cyclosporiasis. Preliminary details of the ongoing investigation are highlighted below.

**Highlights**

- **Epidemiologic Investigation**
  - As of August 5, 2013 (3pm EDT), CDC has been notified of 466 cases of *Cyclospora* infection from the following 16 states: Arkansas, Connecticut, Florida, Georgia, Iowa, Illinois, Kansas, Louisiana, Minnesota, Missouri, Nebraska, New Jersey, New York (including New York City), Ohio, Texas, and Wisconsin.
- Healthfinder.gov -- This is a health site for the layperson that focuses on health—primarily wellness and prevention. It is written at a very understandable level.
Recordings of articles are available for those with vision impairments or literacy issues.

Linked resources are all from government agencies, mostly the various National Institutes of Health (NIH), and materials are aimed at the consumer.