



BASIC HEALTH RESOURCES

RECOMMENDED BY THE NNLM (NATIONAL NETWORK OF LIBRARIES OF MEDICINE)



MEDLINE PLUS

MEDLINEPLUS.GOV

Provides authoritative and up-to-date health information for patients and consumers in an easy to navigate site with multiple language options.

Administered by the National Library of Medicine and part of the National Institute of Health:

- Easy to read in multiple languages with audio and visual sources included.
- Provides information from over 1,600 sources on over 1,000 topics, including:
 - Health information
 - Medical testing
 - Drugs & Supplements
 - Healthy recipes

The screenshot shows the MedlinePlus website homepage. At the top, it features the U.S. National Library of Medicine logo and the MedlinePlus logo with the tagline "Trusted Health Information for You". A search bar is located on the right side of the header. Below the header, there are navigation tabs for "Health Topics", "Drugs & Supplements", "Videos & Tools", and "Español". The main content area is divided into three columns. The left column contains three green boxes with icons and text: "Health Topics" (apple icon) with the text "Find information on health, wellness, disorders and conditions"; "Drugs & Supplements" (pill icon) with the text "Learn about prescription drugs, over-the-counter medicines, herbs, and supplements"; and "Videos & Tools" (play button icon) with the text "Discover tutorials, health and surgery videos, games, and quizzes". The right column features a large banner image of a man and a child, with text that reads "Want to protect yourself from the flu? The flu shot is the best way! Now's still a good time to get your flu vaccine." Below the banner are social media sharing icons for Facebook, Twitter, and Pinterest, and a "Share MedlinePlus" button. At the bottom, there are sections for "Tweets by @MedlinePlus" and "Stay Connected" with a sign-up button for the "My MedlinePlus newsletter".

HEALTHFINDER

HEALTHFINDER.GOV

Provides basic health information from government and other organizations and offers information on medical services available by location.

Administered by the Office of Disease Prevention and Health Promotion:

- See recommended preventative care based on age and gender
- Find information on how to make the most of your doctor visits
- Browse a variety of health topics including nutrition, parenting, pregnancy and more

The screenshot shows the healthfinder.gov website. At the top, it says "U.S. Department of Health and Human Services" and "healthfinder.gov Live well. Learn how." There is a search bar with the text "Search healthfinder.gov:" and a "Go" button. A red button in the top right corner says "En español". Below the search bar, there are social media icons for Facebook and Twitter. The main content area features a large banner with a photo of a doctor and a woman, with the text "Talk with Your Doctor about HIV Testing" and a "Read More" button. Below the banner, there are five numbered navigation buttons (1-5) and a play button. On the left side, there is a navigation menu with links for "Home", "Health Topics A to Z", "myhealthfinder", "Free Web Content", "Find Services Near You", and "National Health Observances". At the bottom left, there is a "Find us on:" section with Facebook and Twitter icons. At the bottom right, there is a "myhealthfinder" section with the text "See which preventive services you or a loved one may need this year." and an "Age:" input field. Below the "Health Topics" section, there are three buttons: "Health Conditions and Diseases", "Nutrition and Physical Activity", and "Pregnancy".

FAMILYDOCTOR

[FAMILYDOCTOR.ORG](http://familydoctor.org)

Provides health information pertinent to the season and basic information on a variety of illnesses and conditions

Administered by the American Academy of Family Physicians:

- Provides symptom based diagnosis and recommended care, including if you should see a doctor
- Offers information on Insurance and how to read medical bills
- Provides service searches based on zipcode and type of service at: <http://navigator.familydoctor.org>

The screenshot shows the familydoctor.org website. At the top, the logo 'familydoctor.org' is displayed next to the text 'Trusted medical advice from the American Academy of Family Physicians.' To the right are social media icons for Twitter, Facebook, and YouTube, along with a search bar. Below the header is a navigation menu with categories: 'Diseases and Conditions', 'Prevention and Wellness', 'Family Health', and 'Your Health Resources'. An orange button labeled 'Visit The Symptom Checker' is positioned to the right of the navigation menu. The main content area features a blue banner for 'Monthly Focus: Cold and Flu Season'. Below this is a large image of a woman tending to a child who is lying down, with a glass of orange juice in the foreground. Underneath the image is the text 'FAMILY HEALTH Protecting Your Family During Cold and Flu Season' and a sub-headline: 'Cold and flu season runs from about October to March. Learn how to prepare and protect your family.' To the right of the main content is an advertisement for 'Single-Dose Flu Vaccine Vials' by McKesson, which includes a blue 'OPEN' button. At the bottom right, there is a blue promotional box for 'Family Health Matters' with an image of a magazine cover.

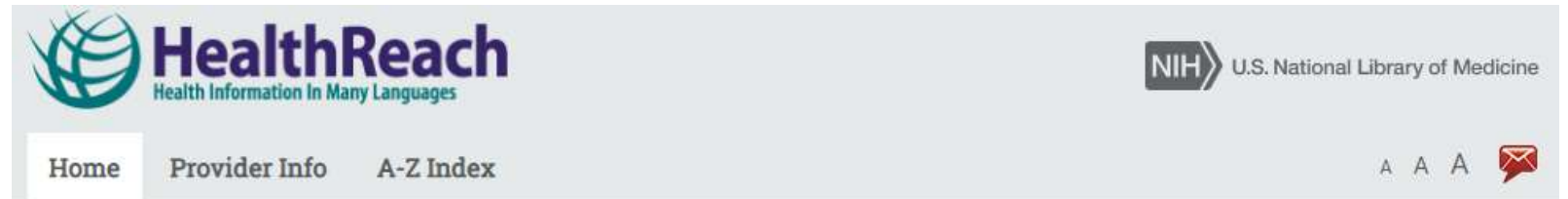
HEALTHREACH

HEALTHREACH.NLM.NIH.GOV/

Provides health information in various languages and formats for those with limited knowledge of the English language

Administered by the National Library of Medicine and the National Institute of Health:

- Searchable database with patient educational materials available in multiple languages including Spanish, Chinese, Russian, Japanese and many more
- Searchable by keyword, language, format and authors
- Many documents are also presented in English
- Good resource for basic info presented in layman's terms



Search for Patient Education Materials

Find multilingual, multicultural health information and patient education materials about health conditions and wellness topics. Learn about diseases, causes, symptoms, treatment, and prevention. Materials may be available as printable documents, audio, and video.

Featured Resources

Opioid Misuse and Addiction Resources **NEW**

In response to the current opioid crisis, the National Library of Medicine partnered with [Healthy Roads Media](#) to produce a collection of materials that teach people about opioids and opioid misuse. The collection has 22 easy-to-read handouts, videos, and audio recordings in English and Spanish.

Opioids

1. [Basics](#)

DAILYMED

DAILYMED.NLM.NIH.GOV

Provides a comprehensive, up-to-date resource of medication content and labeling found in package inserts and on containers based on the most up to date information submitted to the FDA

Administered by the National Library of Medicine and the National Institute of Health:

- Displays FDA packaging information for most marketplace prescription and OTC drugs for both humans and animals
- Information on safety guidelines
- Searchable by drug classes as well as keyword
- Offers the ability to report adverse effects experienced as a consumer

The screenshot shows the DAILYMED website interface. At the top, there is a blue header with the NIH logo and the text "U.S. NATIONAL LIBRARY OF MEDICINE". On the right side of the header, there are links for "REPORT ADVERSE EVENTS" and "RECALLS". Below the header is a large banner image showing a person's hands holding a pill bottle. The main content area has a dark blue background. At the top of this area, there is a search bar with the text "Enter drug, NDC code, drug class, or Set ID" and a magnifying glass icon. Above the search bar, there are three tabs: "ALL DRUGS", "HUMAN DRUGS", and "ANIMAL DRUGS". Below the search bar, there is a section titled "MORE WAYS TO SEARCH:" with four buttons: "ADVANCED SEARCH", "BROWSE DRUG CLASSES", "LABEL ARCHIVES", and "TABLET/CAPSULE ID TOOL". Below this section, there is a light blue box containing the text: "This website contains 113526 drug listings as submitted to the Food and Drug Administration (FDA). At the present time, this Web site does not contain a complete listing of labels for approved prescription drugs." To the right of this text is a "SHARE" button with icons for Facebook, Twitter, and a plus sign. Below the light blue box, there are two columns of content. The left column is titled "NEWS" and contains a link to "DailyMed Announcements", a date "Posted: November 27, 2019", and a heading "NLM Flagging SPLs Associated With Inactivated NDCs". The right column is titled "FDA GUIDANCES & INFORMATION" and contains a link to "Drug Guidance, Compliance & Regulatory Information", a link to "View FDA Structured Product Labeling Resources", a link to "View FDA Drug Labeling Guidances", and a link to "View All FDA Drug Guidances". At the bottom of the right column, there is a heading "NLM SPL RESOURCES".

PILLBOX

PILLBOX.NLM.NIH.GOV

Provides a comprehensive, up-to-date resource for visual medication identification and links to drug information

Administered by the National Library of Medicine and the National Institute of Health:

- Provides a number of search features to aid in identification
- Lists active and inactive ingredients, schedule information, and the drug's creator
- Links to sister sites for drug label and other information

The screenshot shows the Pillbox website interface. At the top, there is a navigation bar with the Pillbox logo and links for Home, About Pillbox, Developers, Statistics, Data & Images, Contact, and Old Pillbox. The main content area has a blue background with the text "Identify or search for a pill" and a subtext "Start by selecting characteristics of the pill you want to identify." Below this, there are five dropdown menus for "Name of Ingredient", "Imprint", "Shape", "Color", and "Inactive Ingredient". To the right of these menus are links for "CLEAR ALL" and "Advanced Search >". A large black "SEARCH" button is centered below the dropdowns.

Pillbox



MEDLINEPLUS: DRUGS, AND SUPPLEMENTS

[MEDLINEPLUS.GOV/DRUGINFORMATION.HTML](https://medlineplus.gov/druginformation.html)

Learn about how prescription drugs and over-the-counter drugs including how they may interact, side effects, recommended dosage, precautions and more.

Part of the MedlinePlus website that offers a datasheet on most drugs, herbs and supplements that includes:

- Uses
- Effectiveness
- Safety Concerns
- Interactions with other medicine, supplements and food
- Doses
- Other monikers



GO

[About MedlinePlus](#) [What's New](#) [Site Map](#) [Customer Support](#)

[Health Topics](#)

[Drugs & Supplements](#)

[Videos & Tools](#)

[Español](#)

[Home](#) → [Drugs, Herbs and Supplements](#)

Drugs, Herbs and Supplements

Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name:

A B C D E F G H I J K L M N O P Q R S T U
V W X Y Z 0-9

For FDA approved labels included in drug packages, see [DailyMed](#).

Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.



Related Topics

[HIV/AIDS Medicines](#)

[Antibiotics](#)

[Antidepressants](#)

CLINICAL TRIALS

[CLINICALTRIALS.GOV](https://clinicaltrials.gov)

Provides a database of actively recruiting, completed and ongoing studies and provides information on new treatments that are being considered for further development.

Government service run by the National Library of Medicine and part of the National Institute of Health:

- Searchable by condition, disease, drug, company and location
- Results can be filtered based on a variety of criteria including gender, geographical location, age, and the study's stage of completion

 U.S. National Library of Medicine

ClinicalTrials.gov

[Find Studies](#) ▾ [About Studies](#) ▾ [Submit Studies](#) ▾ [Resources](#) ▾ [About Site](#) ▾

Help guide our efforts to [modernize ClinicalTrials.gov](#).
Send us your comments by [March 14, 2020](#).

ClinicalTrials.gov is a database of privately and publicly funded clinical studies conducted around the world.

Explore **327,011** research studies in all 50 states and in 209 countries.

ClinicalTrials.gov is a resource provided by the U.S. National Library of Medicine.

IMPORTANT: Listing a study does not mean it has been evaluated by the U.S. Federal Government. Read our [disclaimer](#) for details.

Before participating in a study, talk to your health care provider and learn about the [risks and potential benefits](#).

Find a study (all fields optional)

Status ⓘ

Recruiting and not yet recruiting studies

All studies

Condition or disease ⓘ (For example: breast cancer)

X

Other terms ⓘ (For example: NCT number, drug name, investigator name)

X

Country ⓘ

▾ X

Search

[Advanced Search](#)

NCCIH

[HTTPS://NCCIH.NIH.GOV/](https://nccih.nih.gov/)

Provides information on unconventional medicine including Complementary, Integrative, and Alternative methods of care and treatment.

Administered by the National Institute of Health:

- Results related to specific health issues, with links to information on associated treatments
- Links to outside related resources

Information provided includes:

- Background / General info
- Tips
- Research Spotlights
- Safety Information
- Links to articles and scientific literature



NIH...Turning Discovery Into Health



[Información en Español](#)

[Health Info](#)

[Research](#)

[Grants & Funding](#)

[Training](#)

[News & Events](#)

[About NCCIH](#)

Health

All Health Topics from A-Z

Research-based info from acupuncture to zinc.

Complementary, Alternative, or Integrative Health

What do these terms mean?

Be Informed

Learn how to make wise health decisions.

Herbs at a Glance

Uses and side effects of herbs and botanicals.

How To Find a Practitioner

Information on seeking treatment.

Information for Health Care Providers

Evidence-based medicine, continuing education, clinical practice guidelines, and more.



HEALTHCARE

[HTTPS://HEALTHCARE.GOV](https://healthcare.gov)

Provides information on marketplace health insurance including how to change from marketplace insurance to Medicaid and how to apply for CHIP (Children's Health Insurance Program)

Administered by the U.S. Department of Health and Human Services:

- Information on Marketplace insurance including plan pricing based on household members, income and available tax credits.
- How to apply for Medicare and CHIP coverage
- Locator tool for resources available to low income and, disadvantaged or those in need

The screenshot shows the HealthCare.gov website interface. At the top, the logo 'HealthCare.gov' is on the left, and 'Español' and 'Log in' are on the right. Below the logo, navigation links include 'Get Coverage', 'Keep or Update Your Plan', 'See Topics', and 'Get Answers'. A search bar with the text 'SEARCH' is also present. The main banner features a photograph of a family (a man, a woman, and a child) and the text: '2020 Open Enrollment is over. Still need health insurance?'. Below this, a sub-headline reads: 'You can enroll in or change plans if you have certain life changes, or qualify for Medicaid or CHIP.' Two prominent green buttons are labeled 'SEE IF I CAN ENROLL' and 'SEE IF I CAN CHANGE'. A smaller link says 'Looking for coverage for a small business? Learn more'. Below the banner, a blue bar contains the text 'NEED TO SUBMIT DOCUMENTS?' with a document icon and a 'SEE HOW' button. The bottom section is a dark blue grid with four columns: 'QUICK START GUIDE' (with a checkmark icon and a 'SEE TIPS' button), 'INCOME/LIFE CHANGE?' (with a document icon and a 'SEE HOW TO REPORT' button), 'GET CONTACTED' (with a people icon and a 'HELP FROM AGENT/BROKER' button), and 'FIND LOCAL HELP' (with a location pin icon and a 'SEARCH NOW' button).

THANK YOU FOR VISITING OUR WEBSITE!

Resource links can be found below

- Tiffany Hickox
 - Technical Services Library / Alliance Public Library
 - thickox@cityofalliance.net