

Immunization Information on the Internet

There is a lot of information on the internet, social media, and podcasts about immunization and vaccines. Some sources have accurate information, and some do not. Here are things to watch for to help you know which sources to trust.

Content owner

- The website or content owner should be easy to find, including their contact information.
- The purpose should be clearly stated.
- The sources giving the information should be medical experts in immunization and vaccines, and this should be clearly stated.

Science-based content

- Good scientists test their findings many times. Their findings are then checked by experts (peer-reviewed) and printed in scientific journals.
- Good scientists are not afraid to discuss the strengths and weaknesses of their studies. They are open to questions and say what they don't know.
- The best studies have hundreds of people and have had the same results as other large studies. Be careful about information that is based on only a few people or a single study.

Up-to-date information?

- The information should be reviewed and updated regularly. A date should be included.
- Information that is years old or has no date may no longer be accurate.

Be careful of sources that:

- only give opinions.
- focus on feelings, not facts.
- are written by anyone who is not a medical expert in immunization.

Sources you can trust:

- **Alberta Health Services** ahs.ca/immunize
- **MyHealth Alberta** myhealth.alberta.ca
- **Alberta Health** alberta.ca/immunization-routine-schedule
- **Health Canada** canada.ca/en/public-health/services/immunization-vaccines.html
- **Public Health Agency of Canada** www.canada.ca/en/public-health.html
- **Immunize Canada** www.immunize.ca
- **Canadian Paediatric Society** www.cps.ca
- **Caring for Kids – Canadian Paediatric Society** www.caringforkids.cps.ca
- **Center for Disease Control and Prevention (U.S.)** www.cdc.gov
- **World Health Organization** www.who.int/immunization/en/

For 24/7 nurse advice and general health information, call **Health Link at 811**.
Or visit ahs.ca/immunize or myhealth.alberta.ca for health information online.