



# Digital Health Literacy at the NFPL

Call the Info Desk at  
716-286-4881  
for telehealth booth  
appts, program times  
and more



## Start with Computer Literacy

Ask how you can learn basic computer skills. Email, completing online forms, searching and safety are basics.

## Protect Personal Information

Make good passwords and keep them handy and private. Create secure accounts on medical provider portals.



## Internet searches can be risky. Find Trustworthy Health Information

E. g. Gale Health and Wellness database; Medline Plus; sites from your healthcare provider.



## Appreciate the Possibilities!

The library does not give medical advice or interpretation. Please see your healthcare provider with questions about your specific medical condition. Telehealth Booths and database supported by funds from the National Library of Medicine, National Institutes of Health under cooperative agreement number UG4 LM012346-05S1.

