

Special to ULN April 2020 Medline Plus: Fighting the Powers of Ignorance

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COVID-19. Tom Hanks tested positive for COVID-19. We hear the symptoms often enough on the news. You can go to the CDC website ([cdc.gov/coronavirus/2019-ncov/](https://www.cdc.gov/coronavirus/2019-ncov/)) to find general information and updates on the number of cases. Johns Hopkins University is also a reliable resource (coronavirus.jhu.edu). Where do you go for medical information? Maybe you already have a favorite website.

There is *WebMD.com*; however, you should pause and consider whether its information is reliable. Although it has MD in the title, it is a .com website that contains ads. I like their header: "WebMD—Better information. Better health." And it is better than Google. But would you gamble your life or a loved one's life based on the information there?

Then there's Medline Plus (medlineplus.gov). You have probably heard of Medline. What's the difference? Are they the same? No, they are **not** the same, although both are free government databases by the National Institutes of Health and the National Library of Medicine. Medline Plus focuses on consumer health. Hey! That's us!

Medline Plus contains nearly 1,000 topics and is available in English and Spanish. It is written in a layperson-accessible format. It includes videos, information about drugs and supplements, and includes citations to medical literature. You can even follow them on Twitter! Sign up for their newsletter or the NIH MedlinePlus Magazine. Both are free.



Other Reliable COVID-19 Resources for Reference

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Medline Plus, as Karen has pointed out above, is a great resource for educating your patrons on a wide variety of health matters. There are also resources closer to home that will help people get answers to their questions in their own area. Here are two notable resources that are Utah-centric:

The Governor's Coronavirus Taskforce

Governor Herbert and state agencies have partnered with Intermountain Healthcare, University of Utah Health, and the Salt Lake Chamber of Commerce to provide information, solutions, and resources. Check them out here (coronavirus.utah.gov).

Resources are provided in English, Spanish, and 15 additional languages. Visitors to the site can find out about the state's mask program, reopening businesses, financial assistance, special resources for essential workers, etc. Links to daily updates on Facebook Live are also provided.

Another initiative with state government partnership is from Sili-

con Slopes and many Utah cities. This group plans to "Crush the Curve" and provide COVID-19 testing statewide. COVID-19 is free of charge, so no one needs to avoid testing if they feel they need it. Check out the "Crush the Curve" squad, their goals, and what services you can expect. Look at how you can help here, too.



If you haven't seen the new Utah masks, check them out. They rock! Everyone will want one.

Staying Home and Staying Healthy until we can meet again!