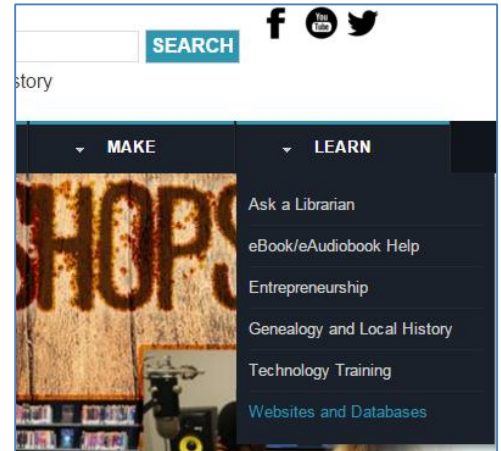


Finding good quality health information online can be tricky! Your library offers you full access to **Consumer Health Complete**, an easy-to-search online resource to help you find health information you can trust. Available 24/7 for everyone with a valid Innisfil Public Library card.

To use Consumer Health Complete:

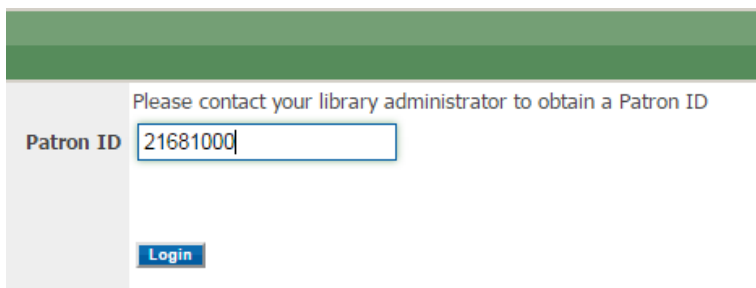
- Go to <http://www.innisfilidealab.ca>. Hold your mouse over the **Learn** tab and click **Websites and Databases**
- Click on **Health and Wellness**, then **Consumer Health Complete**.



▾ Health and Wellness

Consumer Health Complete: Canadian health information including medications, alternative medicine and information on specific conditions. Aussi disponible en français.

- Type in your library card number.

A screenshot of a library login form. At the top, there is a green header bar. Below it, there is a text prompt: 'Please contact your library administrator to obtain a Patron ID'. The form has a label 'Patron ID' and a text input field containing the number '21681000'. Below the input field is a blue 'Login' button.

Ways to search:

- Type a word or phrase into the **Find** box
- Choose a **category**, e.g. Fact Sheets and Pamphlets, or try the **Search by Topic** box
- Use the **Quick Find** box to look alphabetically – perfect when spelling is difficult!
- Check out the **Health Highlight** for health in the news
- Explore **Browse Popular Sources** to see full text versions of health magazines
- **Email** or **Save** helpful articles for use later

The screenshot shows the 'Consumer Health Complete' website, powered by EBSCOhost. The page features a search bar with a 'Find:' label and a 'Search' button. Below the search bar are eight category icons: Evidence-Based Reports, Encyclopedias & Reference Books, Fact Sheets & Pamphlets, News & Magazines, Drug & Herb Information, Alternative Sources, Images & Diagrams, and Videos & Animations. On the right side, there is a 'Quick Find' section with a 'Find a disease, condition, injury or procedure:' prompt and an alphabetical index (A-Z). Below that is a 'Health Highlight' section featuring a photo of a mosquito and a text block about the Zika Virus. At the bottom, there is a 'Browse Popular Sources' section with three magazine covers: 'yoga', 'MENS FITNESS', and 'fitpregnancy'. A 'Search by Topic' section on the right lists categories like Alternative Treatments, Beauty, Children's Health, Conditions & Diseases, and Environmental Health.

Consumer Health Complete
powered by EBSCOhost

Sign In Folder Preferences Help Exit Language

Home Advanced Search Medical Dictionary

Search Search Other Databases Database Help

Find: Search Clear

Evidence-Based Reports
Encyclopedias & Reference Books
Fact Sheets & Pamphlets
News & Magazines
Drug & Herb Information
Alternative Sources
Images & Diagrams
Videos & Animations

INNISFIL PUBLIC LIBRARY

Quick Find
Find a disease, condition, injury or procedure:
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

Health Highlight

Zika Virus
Zika virus is spread to people through mosquito bites. The most common symptoms of Zika virus disease are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting from several days to a week. Severe disease requiring hospitalization is uncommon.
[Click here](#)

Browse Popular Sources

Search by Topic
[Alternative Treatments](#)
[Beauty](#)
[Children's Health](#)
[Conditions & Diseases](#)
[Environmental Health](#)

more inside