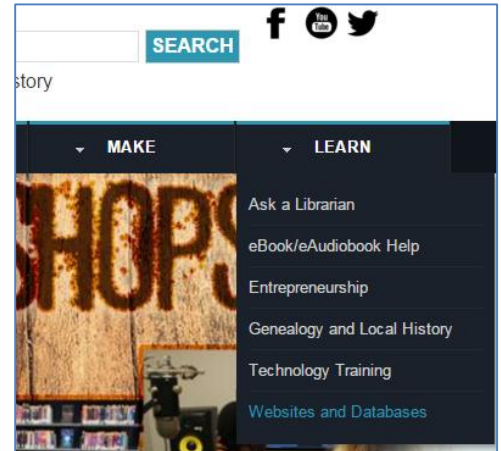


Finding good quality health information online can be tricky! Your library offers you full access to **Consumer Health Complete**, an easy-to-search online resource to help you find health information you can trust. Available 24/7 for everyone with a valid Innisfil Public Library card.

To use Consumer Health Complete:

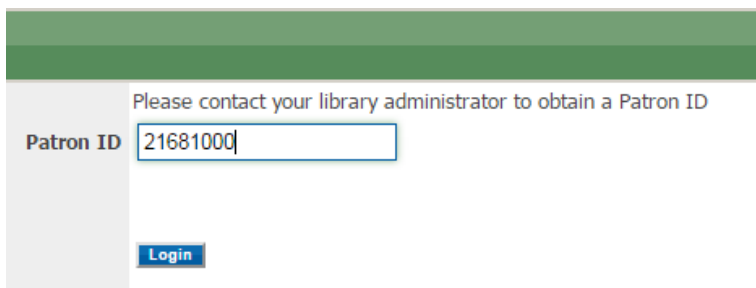
- Go to <http://www.innisfilidealab.ca>. Hold your mouse over the **Learn** tab and click **Websites and Databases**
- Click on **Health and Wellness**, then **Consumer Health Complete**.



▾ 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 input field for 'Patron ID' with the value '21681000' entered. To the right of the input field, there is a blue 'Login' button. Above the input field, there is a small text prompt: 'Please contact your library administrator to obtain a Patron ID'.

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 top navigation bar includes 'Home', 'Advanced Search', and 'Medical Dictionary'. A search bar is prominently displayed 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 an alphabetical index (A-Z) and a 'Health Highlight' section featuring a 'Zika Virus' article with a photograph of a mosquito and a brief description of the virus. At the bottom, there is a 'Browse Popular Sources' section showing covers of 'yoga', 'MENS FITNESS', and 'fitpregnancy' magazines, and a 'Search by Topic' section with links to 'Alternative Treatments', 'Beauty', 'Children's Health', 'Conditions & Diseases', and 'Environmental Health'.

more inside