Health & the Web

The Internet is a great place to get information on how to get and stay healthy. We want to make it easier for you to find the information you need.

What makes a good health website?
- Clearly identifies website sponsor/author experience
- Current & frequently updated information
- Has input from credentialed medical experts
- Displays many advertisements
- Promises “quick fixes” and “cures”
Here are places you can go to get on the Internet for free:

- Libraries: You can also get help here with finding information online (www.spl.org)
- City of Seattle Public Access Computers (www.seattle.gov/getonline)

Looking for your own computer and home Internet access? You can access high-speed home Internet for under $10 per month. We can help you get connected to providers to see if you qualify.

Brought to you by the City of Seattle Community Technology Program/Dept. of Information Technology

Contact us for more information
www.seattle.gov/getonline
(206) 233-7877
communitytechnology@seattle.gov