

# SDSL's Cornerstone Newsletter

South Dakota State Library's e-newsletter

September 21, 2023

## Health Resources for Cold & Flu Season

As cold and flu season draws near, your patrons may be seeking the latest health information and home remedies to keep in tip top shape. Here are a few health resources to highlight at your library's next health fair. Please keep in mind they are not meant to replace a doctor's care and are intended as supplemental information only.

### How Can I Access the Electronic Resources?

#### 1. [MedlinePlus](#)

This free website by the National Library of Medicine is a user-friendly resource for reliable medical information. Some resources this website provides:

- Health topics
- Human genetics
- Medical tests
- Medications
- Dietary supplements
- Healthy recipes



#### 2. [Consumer Health Complete \(Consumer Edition\)](#).

Some resources this SDSL database subscription provides:

- Merriam-Webster's Medical Desk Dictionary
- Fact Sheets & Pamphlets
- Drug information in English and Spanish
- Full Text Journals & Magazines
- Images, diagrams, video with audio narration and transcripts

Consumer Health  
Complete

### 3. [Alt Health Watch](#)

This SDSL database subscription is an alternative health research database focused on complementary, holistic and integrated approaches to health care and wellness. Some subjects include:

- Acupuncture
- Aromatherapy
- Chiropractic
- Herbalism
- Mind – body medicine
- Nutrition
- Osteopathy

Alt HealthWatch





Complete Listing of Electronic Resources Page



## About SDSL

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The South Dakota State Library provides leadership for innovation and excellence in libraries and services to state government.

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