Mid-Main Internet Guidelines
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ACTION for Health

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- Published Paper
- Working Paper
- Report
- Draft
- Presentation
- Practitioner’s Pointers
- Briefing Note
- Research Tool
- Overview
- Other

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**MID-MAIN INTERNET GUIDELINES**

We are introducing the Internet on a trial basis as part of a research project run through Simon Fraser University called ACTION for Health.

<table>
<thead>
<tr>
<th><strong>DO:</strong></th>
<th><strong>DON’T:</strong></th>
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<tbody>
<tr>
<td>• Use the Internet to look up health and dental information</td>
<td>• Use the Internet for email or other surfing</td>
</tr>
<tr>
<td>• Use the Internet for time blocks of 15 minutes</td>
<td>• Keep others from taking a turn</td>
</tr>
<tr>
<td>• Use the Internet if you are 14+</td>
<td>• Use the Internet if you’re under 14</td>
</tr>
<tr>
<td>• Ask Karen for technical help: i.e., for assistance to use the computer or to help find information</td>
<td>• Try to print (unfortunately, we don’t have a printer for patients)</td>
</tr>
<tr>
<td>• Continue to consult your doctor, nurse, or pharmacist with medical questions</td>
<td></td>
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