

Healthy Holidays PSA (:30)

Go to www.cdc.gov/podcasts and listen to CDC's *Twelve Ways to Health* holiday song.

Sing along with our carolers and follow simple holiday tips such as:

- Wash hands often
- Be smoke free
- Get your vaccinations
- And many, many more.

Give the gift of health and safety to yourself and others this holiday season.
And remember to check out our holiday health e-cards!

A message from CDC.