## Learn to Cough or Sneeze With Elmo

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

It's time to practice staying healthy on Sesame Street!

In order to stay healthy, always sneeze or cough into the bend of your arm.

Like this... ah-choo!

Remember, use your arm when you cough or sneeze and you'll be... happy and healthy on Sesame Street!

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.