

Protect Yourself from Germ Monsters

[Announcer] This podcast is brought to you by the Centers for Disease Control and Prevention. CDC - safer, healthier people.

[Chris] Hi kids! Welcome to CDC Kidtastics Radio! I'm Chris Kidtastic. Today, we're going to learn how to protect ourselves from germ monsters.

[Kaya] Yeah there are lots of things we can do to keep germ monsters away.

[Caydan] You know germs can make us sick with the flu. The *best* way to protect against the flu is to get vaccinated every fall. Also, cover your nose and mouth with a tissue when you cough or sneeze, wash your hands often with soap and water OR use an alcohol-based hand rub when soap and water aren't available.

[Karmen] We need to be prepared for winter because being outside in cold weather can cause serious health problems. Infants and elderly people are especially at risk, but anyone can be affected. You and your parents need to have a plan in case a cold-weather emergency happens. Be careful using space heaters and fireplaces because they can cause a fire, and make sure your house has a carbon monoxide detector.

[Chris] If you're travelling outside the United States, take a Travelers' Health Kit. Include things like sunscreen, insect repellent, prescription medicines, and basic first-aid items.

[Kaya] There are a lot of health benefits to owning a pet, but some animals carry germs that can be spread to people. If you keep your pet healthy, you help keep you and your family healthy, too. Ask a grown up to teach you the right way to clean up dog poop. Keep young children away from areas that may have dog or cat poop. And wash your hands after touching a pet or their surroundings and before handling or eating food.

[Chris] OK. So now you know lots of things you can do to protect yourself from germ monsters. Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then, be a safer, healthier kid!!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO, 24/7.