## H1N1 Flu Awareness: Hygiene

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

Health officials are concerned about a novel H1N1 flu, spreading from person-to-person.

To help fight this flu, cover your nose and mouth with a tissue when you cough or sneeze, then throw the tissue away.

Wash your hands often with soap and water, especially after coughing or sneezing.

If you're sick, stay home and limit contact with others to keep from infecting them. To learn more, visit www.cdc.gov/h1n1flu or call 1-800-CDC-INFO.

A message from HHS.

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