

Getting sick stinks!

A message (just for kids): Stay healthy during the Lunar New Year.

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

[Jake] Hi! My name is Jake, and my brother Evan and I are here visiting some of our friends at the Centers for Disease Control and Prevention, sometimes called the CDC. I bet you're getting pretty excited about taking a trip with your family to celebrate the New Year. I am too. Our friends at the CDC want to make sure that you have a fun trip- that you don't go home with the sniffles...because getting sick stinks!

[Evan] Yeah, getting sick does stink! Birds are really cool animals. But my friends at the CDC tell me that birds -like all wild animals - can sometimes carry diseases that make people sick. So if you see a bird that isn't moving or looks sick-- do not touch it -- and tell an adult right away. It is also important--wait- what's the? Well, hello Rita!

[Rita] Hello! For those of you who don't know me, my name is Rita. Dr. Rita, that is. I am a rat and a friend of Jake and Evan and others here at the CDC. As you know, 2008 is the Year of the Rat, so this is a very special new year for me.

[Jake] Hey, Rita! Evan was just telling our listeners about---

[Rita] If I may, Jake. Seeing as I am a rat (and a doctor too), I want to tell our young friends how they can stay healthy while celebrating...me!

[Evan] They're celebrating the New Year -- 2008 -- the Year of the Rat...not you, Rita!

[Rita] Well... well.... whatever. Anyway, yes, I have some helpful advice for our young travelers. As Evan said, birds are cool to look at, but don't touch them! Birds can get sick, just like you can, and sometimes, they can give you their germs.

[Jake] I heard that your hands have germs on them, and these germs come from things you touch during the day. Washing your hands makes the germs go away, right?

[Rita] You're right, Jake! That's why it's very important, my young listeners, to wash your hands!

Wash your hands before you eat,
And even after touching meat,
Wash them after you run and play,
I am asking you kids, please wash your hands many times a day!

[Jake] How do we wash our hands correctly?

[Rita] To wash your hands properly:
Rub your hands together and count to thirty,
and be sure to use water and soap;
But, if water isn't around or if it's dirty,
then you'll use hand sanitizer I hope!

[Evan] Ok. What else do we need to know about germs?

[Rita] Well, germs can also come out of your mouth and nose.

[Jake and Evan] Ewww!

[Rita] Yes, germs come out of your mouth and nose when you cough or sneeze, so cover your mouth and nose every time you cough or sneeze, PLEASE.

[Jake and Evan] Ok! We will.

[Rita] Oh, and remember to wash your hands after you cough or sneeze!
Having clean hands after you cough or sneeze,
I think everyone agrees,
helps keep your body healthy and strong,
so you can celebrate the New Year all day long!
And if you are sneezing or coughing, then you probably aren't feeling very well.
So if you feel sick, don't delay—
tell an adult, and then do what they say!

[Evan] You're a rhyming genius, Rita!

[Rita] Yes, I know. We rats are known for our rhyming skills.

[Jake] So Rita, is there anything else we should know about staying safe and healthy during the Lunar New Year?

[Rita] Oh yes, how silly of me! I almost forgot to tell you about mosquitoes!

[Jake and Evan] Mosquitoes?!?

[Rita] Yes, mosquitoes.
Those pesky bugs that buzz in your ear.
Do you know that their bite can make you sick for up to a year?
I am telling you, it's true, but you can avoid mosquito bites,
it's all up to you!

[Evan] Really? How?

[Rita] During the day, when you go outside to play,
cover your arms and legs in bug spray, and then say,
“No mosquito bites for me today!”
But, some mosquitoes like to bite you at night,
but not to worry, you can put up a fight!
Just plan to stay inside after dark,
so those pesky mosquitoes can’t leave their mark!

[Jake] I’ll be sure to pack bug spray then!

[Evan] Yeah, me too!

[Rita] Well my young friends, I must say goodbye.
Please, no tears, there’s no need to cry.
I have a meeting with the RMC...Rat Medical Council, you see.
But remember the things you learned today from Jake, Evan, and me!

[Jake] I hope you’ll come back soon! Thank you for stopping by, Rita!

[Evan] See you later, Rita! Thanks!

[Rita] Oh, you are most welcome. And to all of you out there...Happy New Year...of the Rat!

[Announcer] The CDC Travelers' Health and Animal Importation Branch is pleased to present this travel tip and wishes all travelers a safer, healthier trip.

[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.