

# Stay Healthy 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!

Yes and the first thing you have to do to stay healthy is always wash your hands.

Come on, wash your hands with Elmo! Wash, wash, wash!

Next, try to avoid touching your eyes, nose, and mouth.

Elmo's not touching!

And when you have to sneeze or cough, do it into the bend of your arm.

Sneeze into your arm with Elmo...ah-choo!

Yeah! Great job!

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.*