

Learn How to 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!

Right, now the first thing you have to do to stay healthy is always wash your hands.

Yeah, come on. Wash with Elmo! Wash, wash, wash!

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

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

Uh-huh. Great job!

Uh-oh! Elmo feels a real sneeze.

Oh. Now remember what we practiced.

Ah-choo!

Ahh. Now keep practicing and you'll stay happy and healthy too!

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