

H1N1 Flu Awareness PSA “Hygiene” (:30)

Health officials are concerned about 2009 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 flu-dot-gov or call 1-800-CDC-INFO.

A message from HHS.