

Flu - Hygiene PSA for Kids (:30)

Hey kids! There are things you can do to stay safe from the flu!

Wash your hands with soap and water long enough to sing the Happy Birthday song twice *or* use an alcohol-based hand cleaner.

Cough or sneeze into a tissue or use your elbow or shoulder; NOT your hands.

Stay away from sick people so they don't give you their germs and make *you* sick.

If you don't feel well, tell an adult *right away*. You might have to stay home for a while so you don't make others sick.

A message from CDC and HHS.