

H1N1 Message from the Acting Surgeon General

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

I'm Acting Surgeon General Dr. Steven Galson. Health officials are concerned about a novel H1N1 flu that has infected people in the U.S. and is spreading from person-to-person. We are taking aggressive action to combat this public health threat, but it's possible that the outbreak could grow.

What you should do to prepare for an outbreak in your community are the things that you've always done to prevent the spread of germs:

- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue away.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- If you're sick, stay home, and try not to touch your eyes, nose, or mouth.

These simple steps can help protect you and your family.

For more details, visit cdc.gov/h1n1flu or call 1-800-CDC-INFO.

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