

Stay Informed About Novel H1N1 Influenza

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

Stay informed about novel H1N1 flu. Take everyday actions to stay healthy. Cover your nose and mouth when you cough or sneeze. Wash your hands often. Stay home if you get sick. More information is available at 1-800-CDC-INFO, that's 1-800-232-4636, or online at www.cdc.gov. A message from the Centers for Disease Control and Prevention and the Department of Health and Human Services.

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