

1 **Radio Public Service Announcements**

2 **Everyday Actions (:30)**

3 Here's a question. How can you keep from getting sick with a respiratory illness this
4 season? The good news is everyday actions can help you stay well and stop the spread.
5 Wash your hands, take steps for cleaner air, and try to avoid close contact with people
6 who are sick, and talk to your doctor about what vaccines may be right for you so you
7 can help keep yourself and your loved ones healthy. Learn more at [cdc.gov/respiratory-](https://www.cdc.gov/respiratory-illnesses)
8 [illnesses](https://www.cdc.gov/respiratory-illnesses). A message from CDC.