

## **Fighting Flu (:60)**

[Wes Studi speaking in Cherokee language] Hello. I'm of the Cherokee.

[Wes Studi] Each year, more than 200,000 people are hospitalized with flu. Like all Americans, native peoples and tribal communities need to protect themselves. Flu spreads mainly from person-to-person through coughing or sneezing. People can also get infected by touching something with flu viruses on it and then touching their mouth or nose. Most people with the flu have mild symptoms, but pregnant women, young children, the elderly, and people with illnesses like asthma, diabetes, or heart disease are more likely to suffer from serious complications. Protect yourself, your family, and your community from the flu. Get vaccinated every year. Cover your coughs and sneezes, wash your hands often, and if you're sick, stay home. Protect the circle of life. Know the facts about the flu.

[Wes Studi speaking in Cherokee language] Take good care of yourselves.