

Wes Studi: Take 3

[Wes Studi] I'm Wes Studi of the Cherokee Nation, and I'm concerned about flu and our tribal communities.

There's an old saying -- Take two and call me in the morning. But to protect yourself against the flu, including the H1N1 virus, take three. It could save your life.

The best way to protect yourself, your family, and your community is to get vaccinated against seasonal and H1N1 flu. Take time to cover your coughs and sneezes.

[Female] Let's wash our hands, okay?

[Wes Studi] Wash your hands with soap and water or use alcohol-based hand cleaners frequently. Pregnant women, young children, the elderly, and people with chronic diseases are more likely to have severe flu.

If you do get the flu, take medicines called antivirals that can help. People at highest risk for severe flu should take antivirals as soon as possible. They can make you feel better faster or make your symptoms milder.

Take three. Protect the circle of life.