
Get CDC Health Tips & Alerts via Text Message

The CDC understands the importance of mobile technology for delivering health messages. Once signed up, you will receive information about Diseases and Conditions, Healthy Living and other topics delivered directly to your mobile phone. By subscribing to CDC Mobile, you will also receive:

- Alerts about emergencies and outbreaks
- Tips on how to improve your health
- Notices when new reports and research are released

These succinct health messages may include tips on seasonal flu, healthy eating, driver safety or other emergent health-related issues.

Sign Up for Text Messages

- The program includes 12/msgs/mo.
- Msg & data rates may apply.
- For help, text HELP to 87000
- To stop, text STOP to 87000

CDC does not charge subscribers to participate in this program. Standard text messaging rates from your wireless carrier may apply. You can opt out at any time.

After You Subscribe

You will be asked to share your role, gender, age and zip code. This information allows the CDC to send more relevant health tips

For instance, they may send health tips to women about issues relating to ovarian cancer or pregnancy, while men may receive a different tip that relates to men's health. By providing your zip code, the CDC can also send you messages when there are outbreaks or emergencies occurring in your area.

Information retrieved from <http://www.cdc.gov/Features/HealthTextAlerts/>