

**Crown Point Community School Corporation**  
**Seasonal Flu Information**

**Reminders for Staying Healthy:**

**Get Vaccinated:** Still considered the first and most important step in protecting against the flu. See your health care provider for additional information.

**Take Everyday Actions to Stay Healthy:**

1. Wash your hands often with soap and hot water.
2. When soap and water are not available use an alcohol-based hand rub or a gel sanitizer.
3. Stay away from people who are sick.
4. Cover your nose and mouth with a tissue when you cough or sneeze.
5. Do not touch your eyes, nose or mouth because germs spread this way.
6. Stay home for at least 24 hours after your fever (100 degrees or higher) is gone.

**Stay Informed:**

The CDC website: [www.cdc.gov](http://www.cdc.gov) will be updating flu information regularly.  
Call 1-800-CDC-INFO for more information.