

# Walter T. Bergen Middle School

*Fredda C. Rosenberg, Ed.D.*  
Principal  
225 Glenwild Avenue  
Bloomingdale, N. J. 07403

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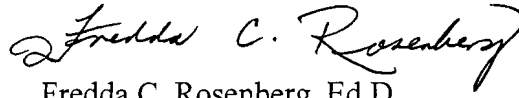
Dear Parents/Guardians:

Attached is a form that came to us from the Passaic County Department of Health and the Passaic County Office of Education.

Please be advised that this form is to be used to ensure that children are fever free for 24 hours prior to returning to school as per Center for Disease Control recommendations. Please be sure to personally hand it to the front office secretary or school nurse when your child returns to school after a fever.

We thank you, in advance, for your cooperation in using this form to help us keep accurate records during the flu season.

Sincerely,



Fredda C. Rosenberg, Ed.D.  
Principal

FCR/jm

Attachment - 1

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## RETURN TO SCHOOL NOTE FOR INFLUENZA (FLU) LIKE ILLNESS 2009 - 2010 PANDEMIC PERIOD

Date: \_\_\_\_\_

Student's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

My child has been fever free for 24 hours without the use of **any** medication that has fever reducing ingredients (many medications may contain fever reducing ingredients such as ibuprofen and acetaminophen please read the label and consult with your health care provider or pharmacist if you have any questions.)

Initial Date of Illness (if available): \_\_\_\_\_

Date and time of **last** documented temperature over 100°F:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date and time of **last** dose of any medication with fever reducing ingredients:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Name of parent/guardian: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Contact Information: \_\_\_\_\_

### School Nurse Review:

\_\_\_\_ Approved for return to school

Return Date: \_\_\_\_\_

\_\_\_\_ Denied request to return to school

Reason: \_\_\_\_\_

School Nurse Name: \_\_\_\_\_ Date: \_\_\_\_\_

School Nurse Signature: \_\_\_\_\_

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## NOTA PARA REGRESAR A LA ESCUELA PRESENTANDO ENFERMEDAD SIMILAR A LA INFLUENZA (GRIPE) DURANTE EL PERIODO 2009-2010 DE LA PANDEMIA

Fecha: \_\_\_\_\_

Nombre del Estudiante: \_\_\_\_\_ Grado: \_\_\_\_\_

Mi hijo ha estado sin fiebre durante 24 horas sin el uso de cualquier medicamento que tenga los ingredientes que reduzcan la fiebre (muchos medicamentos pueden contener ingredientes para reducir la fiebre, como el ibuprofeno y el acetaminofeno - por favor lea la etiqueta y consulte con su médico o farmacéutico si tiene alguna pregunta.) Fecha del inicio de la enfermedad (si está disponible):

\_\_\_\_\_

Fecha y hora de la última temperatura documentada más de 100 °F:

Fecha: \_\_\_\_\_ Hora: \_\_\_\_\_

Fecha y hora de la última dosis de cualquier medicamento que tenga ingredientes que

reduzcan la fiebre: Fecha: \_\_\_\_\_ Hora: \_\_\_\_\_

Nombre del Padre/Guardián: \_\_\_\_\_

Firma: \_\_\_\_\_ Fecha: \_\_\_\_\_

Contacto (Información Sobre el Padre/Guardián):

\_\_\_\_\_

**Enfermera Escolar: Revisa esta porción**

\_\_\_\_\_ Aprobado para regresar a la escuela

Fecha de regreso: \_\_\_\_\_

\_\_\_\_\_ Negado a regresar a la escuela

Razón: \_\_\_\_\_

Nombre de la enfermera escolar: \_\_\_\_\_ Fecha: \_\_\_\_\_

Firma de la enfermera escolar: \_\_\_\_\_

## Know the Difference between Cold and Swine Flu Symptoms

<u>Symptom</u>	<u>Cold</u>	<u>Swine Flu</u>
<b>Fever</b>	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.
<b>Coughing</b>	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
<b>Aches</b>	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
<b>Stuffy Nose</b>	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
<b>Chills</b>	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
<b>Tiredness</b>	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
<b>Sneezing</b>	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
<b>Sudden Symptoms</b>	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
<b>Headache</b>	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
<b>Sore Throat</b>	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
<b>Chest Discomfort</b>	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

The only way to stop the spread of the epidemic is to spread the awareness.