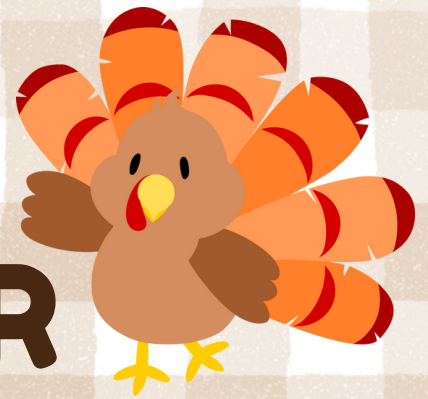


NURSE NEWSLETTER



November 2025

Immunization Reminder

I would like to remind parents that students with provisional immunization certificates have through the first week of November to update their immunizations or provide the school nurse with a medical or religious exemption. After this deadline, students without updated documentation will not be able to continue attending school, per state law.

According to Iowa law,

"A Provisional Certificate of Immunization may be granted to a student transferring from one U.S. school to another or to a child who has begun, but not completed, the required immunizations for their age. To be eligible for provisional enrollment, the child must receive at least one dose of each required vaccine for their age. The next dose should be administered as soon as possible, but no later than 60 days after the previous dose. If, at the end of 60 days, the child has not received the next required dose(s), the child cannot attend school."

Schools are required to deny enrollment to students who do not have a valid immunization certificate or an approved exemption on file. If you have questions or need assistance scheduling vaccines or completing exemption paperwork, please contact the school nurse for support.

SRO Kloster Has You Covered!

A new program is now available to support student hygiene.

If you need deodorant, shampoo, soap, toothpaste, feminine products, or other hygiene items, you can get them confidentially and at no cost.

📍 Stop by Deputy Kloster's Office or

📞 Contact SRO Kloster directly

Your health, comfort, and confidence matter

— don't hesitate to reach out! 💙

Bundle up for Winter Recess

As the temperatures drop, please remember to dress your child in warm layers so they can enjoy outdoor recess all winter long! ❄️

Hats, mittens, boots, and cozy coats help keep everyone comfortable and ready for fun—no matter how chilly it gets!



Hand-Foot-and-mouth disease (coxsackievirus A16)

As many of you are aware, Central Decatur has seen an increase in cases of Hand-Foot-and-Mouth Disease (HFMD) this season. This common viral illness usually runs its course within 7–10 days. HFMD most often affects young children under the age of 5, but people of any age can become infected. Currently, there is no vaccine or specific treatment available for this virus.

HFMD often begins with a fever, sore throat, and painful mouth sores that may blister. A rash is commonly seen on the hands and feet and can also form blisters.

A person infected with HFMD is contagious and can easily spread the virus to others. The virus spreads through:

- Respiratory droplets from coughing, sneezing, or talking
- Contact with contaminated objects or surfaces
- Fluid from blisters
- Contact with stool from an infected person

To help prevent the spread of HFMD:

- Wash hands often with soap and water for at least 20 seconds, especially after changing diapers, using the toilet, coughing, sneezing, or blowing your nose.
- Help children wash their hands properly and keep blisters clean and covered.
- Avoid touching your face with unwashed hands, especially your eyes, nose, and mouth.
- Clean and disinfect frequently touched surfaces and shared items, such as toys, doorknobs, and tables.
- Avoid close contact (hugging, kissing, or sharing utensils) with anyone who is sick.

When can students return to school?

Students may return when they:

- Are fever-free for 24 hours without the use of fever-reducing medication,
- Feel well enough to participate in class, and
- Have no uncontrolled symptoms, such as draining blisters or mouth sores causing excessive drooling.



Happy Thanksgiving