



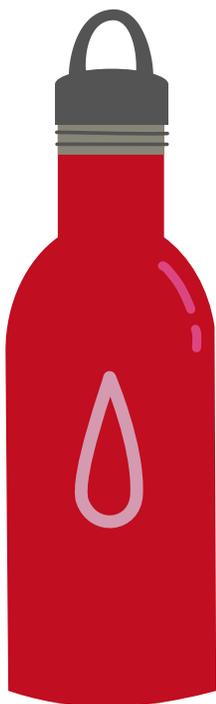
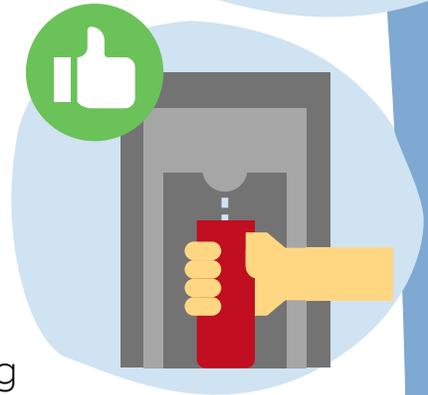
American  
Heart  
Association.

## Q: WHAT IS THE GERMIEST THING IN A SCHOOL?

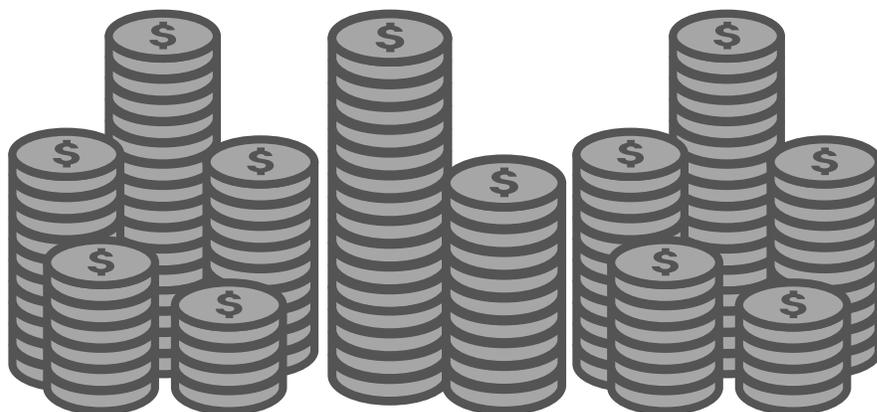
## A: THE WATER FOUNTAIN!

During these unprecedented times, water bottle filling stations and personal water bottles may help reduce the spread of germs and disease.

- Amid the COVID-19 pandemic, the CDC now encourages staff and students to bring their own water to minimize use and touching of water fountains.
- In one study, water fountains and manual pencil sharpener handles were determined to be the **germiest surfaces in classrooms.**



The cost of a water refill station compared to a water fountain is nominal in the process of construction, and can save dollars over time.



# WATER REFILL STATIONS FOR HEALTHIER MISSISSIPPI STUDENTS

*Water access is hugely important for students during this stage in life.*

- Mississippi ranks **number two in the nation** for the highest rate of obesity among children 10 to 17. Drinking sufficient amounts of water reduces the likelihood of kids being at an unhealthy weight.
- Water bottle filling stations in schools can nearly triple how much water students drink at lunch time. Drinking water can also positively impact children’s cognitive performance, particularly their short-term memory.

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— “ —  
During a time when so many have concerns about the new school year, anything we can do to reduce students’ exposure to germs should absolutely be a part of discussions and plans.  
— ” —

**Rep. Kent McCarty**

*Mississippi House of Representatives,  
District 101*

— “ —  
Water is critical to a child’s overall health. Not sugary drinks. Water. But for many Mississippi children, drinking water is not a part of their day, nor is it available to them. And a passing sip in the hallway is not enough.  
— ” —

**Jennifer Goodwin**

*Registered Nurse,  
Lamar County School District*

## Put water within reach for Mississippi students.

Healthy living + reduced exposure to germs -- help make carrying water bottles the new normal in public schools. And make them easier to refill!

[yourethecure.org/ms-water-access](http://yourethecure.org/ms-water-access)



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Heart  
Association.**