



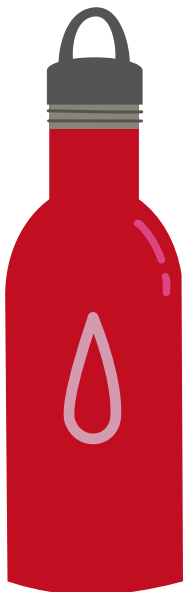
American Heart Association.

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.
- A study by NSF International - The Public Health and Safety Organization (formerly National Sanitation Foundation), revealed **there are more germs found on an average classroom water fountain spigot** than on a toilet seat or animal cage.



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.



#1
germiest



#7
germiest



#8
germiest



#9
germiest



CDC Guidance for Schools on Coronavirus; NSF International, The Public Health and Safety Organization; Zheng M, Allman-Farinelli M, Heitmann BL, Rangan A. Substitution of sugar-sweetened beverages with other beverage alternatives: a review of long-term health outcomes. *J Acad Nutr Diet.* 2015; 115(5):767-79, doi: 10.1016/j.jand.2015.01.006. Elbel B, Mijanovich T, Abrams C, Cantor J, Dunn L, Nonas K, Cappola K, Onufrak S, Park S. A water availability intervention in New York City public schools: influence on youths' water and milk behaviors. *Am J Public Health.* 2015; 105(2): 365-72, doi: 10.2105/AJPH.2014.302221. Masento NA, Golightly M, Field DT, Butler LT, van Reekum CM. Effects of hydration status on cognitive performance and mood. *Br J Nutr.* 2014; 111(10):1841-52, doi: 10.1017/S0007114513000455.

WATER REFILL STATIONS FOR HEALTHIER FLORIDA STUDENTS

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

- Florida is ranked **eighth 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.

Put water within reach for Florida students.

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

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