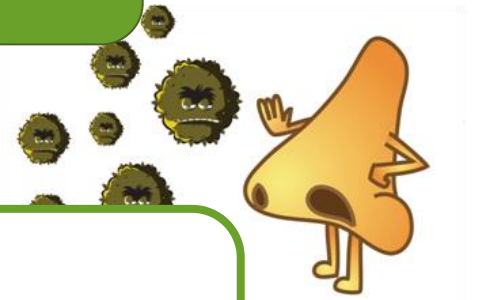


Super Sneezes Fact Sheet



Why do we sneeze?

Sneezing is a way in which our body tries to get rid of bad microbes. Germs and dust get stuck in our nose hair and so we sneeze to blow them away.

What is in a sneeze?

Sneezes contain snot and bad microbes. That is why it's important to cover our sneezes with a tissue or our sleeve (but never our hand), so we don't pass the bad microbes onto someone else.



Did you know?

Surprise your friends and family with these fun facts!

- ➡ Sneezes can travel at a speed of 100 miles per hour!
- ➡ Sneezes can spread microbes 2-3 meters.
- ➡ The longest sneezing spree was 978 days, a record set by Donna Griffiths of Worcestershire, England.
- ➡ It is impossible to sneeze without closing your eyes.
- ➡ It is illegal to burp or sneeze in a church in Nebraska, USA.

