

Giant Sneezes

What's in a Sneeze?

What is a Sneeze?

Sneezing is a way in which our body tries to get rid of all the bad bugs and dust. The bugs and dust get caught on the nose hair and tickle our nose. The nose sends a message to the brain which then sends a message back to your nose, mouth, lungs and chest telling them to blow the irritation away.

To Sneeze or not to Sneeze

A sneeze can spread germs 2-3 meters or over 5ft at a speed of 100 miles per hour!

The sneeze contains a lot of horrible stuff, like water vapour, water droplets, and snot from your nose. This moisture and snot may be full of microorganisms, and some of those may be unhealthy ones. These bad microbes can be passed on to someone else through sneezing so it is very important to cover your coughs and sneezes. Remember that if you cover your mouth and nose with your hand you can still spread the flu germs to someone when you touch them! It's best to use a tissue or to sneeze on your sleeve.

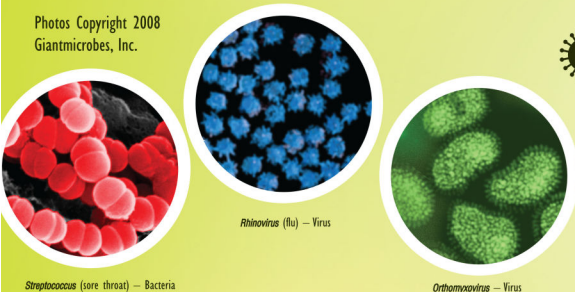
How can our nose stop us getting ill?

We breathe in more than 20,000 litres of air a day mostly through our nose.

This air contains oxygen, nitrogen, dust and pollutants as well as lots of microbes. Some of these microbes may be harmful if they come from a cough or sneeze from someone around us. Coughs, colds and the flu are caused by bad virus microbes. As we breathe in through our nose, many of these microbes and other irritants get trapped in our snot and nose hair but some can make it into our throats and multiply making us ill.



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Streptococcus (sore throat) - Bacteria

Rhinovirus (flu) - Virus

Orthomyxovirus - Virus

Sneezing FACTS!

- The world record for sneezing was held by Donna Griffiths of Worstershire who sneezed for 978 days in a row.
- Some cultures think that sneezing is a sign of good luck — others think it's a sign of death.
- You cannot sneeze without closing your eyes.
- Its illegal to burp or sneeze in a church in Nebraska , USA.
- You produce 2 pints of snot every day and most of this you swallow without thinking.
- Some doctors use the colour of your snot to tell if you are ill.
- There are more than 200 cold viruses but only a few types of flu.
- Antibiotics will NOT cure the flu.

Sneezing FICTION!

In the old days, people were very worried about sneezing - here are some of the things they believed:

- Your eyes will pop out if you keep them open when you sneeze.
- Your heart stopped when you sneezed.
- You can catch a cold by going out with wet hair.
- Your soul leaves your body when you sneeze.



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