

# SNEEZING 100

**Child 1:** Research shows that when a SICK PERSON SNEEZES, cold and flu germs FLY!

**Child 2:** Now that's just SICKENING!

**Child 3:** The GOOD news is that most people COVER their sneezes to stop germs from getting in the air.

**Class (in turn):** ATCHOO! ATCHOO! ATCHOO! ATCHOO! ATCHOO! ATCHOO!

**Class 4:** So WHY then do SO many people GET SICK from cold and flu viruses?

**Child 5:** We sent our researchers into the field to FIND OUT.

**Child 6:** It didn't take them long to discover the BAD NEWS.

**Child 7:** How do YOU sneeze?

**Class (in turn):** ATCHOO! ATCHOO! ATCHOO! ATCHOO! ATCHOO! ATCHOO!

**Child 8:** In our sample, most people used their HANDS to cover their sneezes.

**Child 9:** But very few WASH their hands after sneezing.

**Child 10:** That's just GROSS!

**Child 11:** This means most sneezers CONTAMINATE everything they TOUCH with their GERM-COVERED HANDS.

**Child 12:** YUCK!

**Child 13:** NEW research shows that the SAFEST way to sneeze is IN YOUR SLEEVE!

**Child 14:** This way the germs get TRAPPED IN THE FABRIC and then DIE without spreading.

**Child 15:** Now let's see some examples of PROPER sneezing technique.

**Class – in turn:** ATCHOO! ATCHOO! ATCHOO! ATCHOO! ATCHOO! ATCHOO!

**Child 16:** Now THAT'S more like it!

**Whole class:** So NEXT time you feel that TICKLE in your nose,  
**SNEEZE IN YOUR SLEEVE!**

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View the original video on [YouTube](#) and at [www.FightTheFluMo.com](http://www.FightTheFluMo.com)

Philip Boys / 6 February 2011

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