



# Super sneezes

## Fact sheet

### Why do we sneeze?

Sneezing is a way in which our body tries to get rid of harmful 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 harmful 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 harmful microbes onto someone else.



Surprise your friends and family with these fun facts!

**DID YOU  
KNOW?**

- 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.

