



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:

- 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.