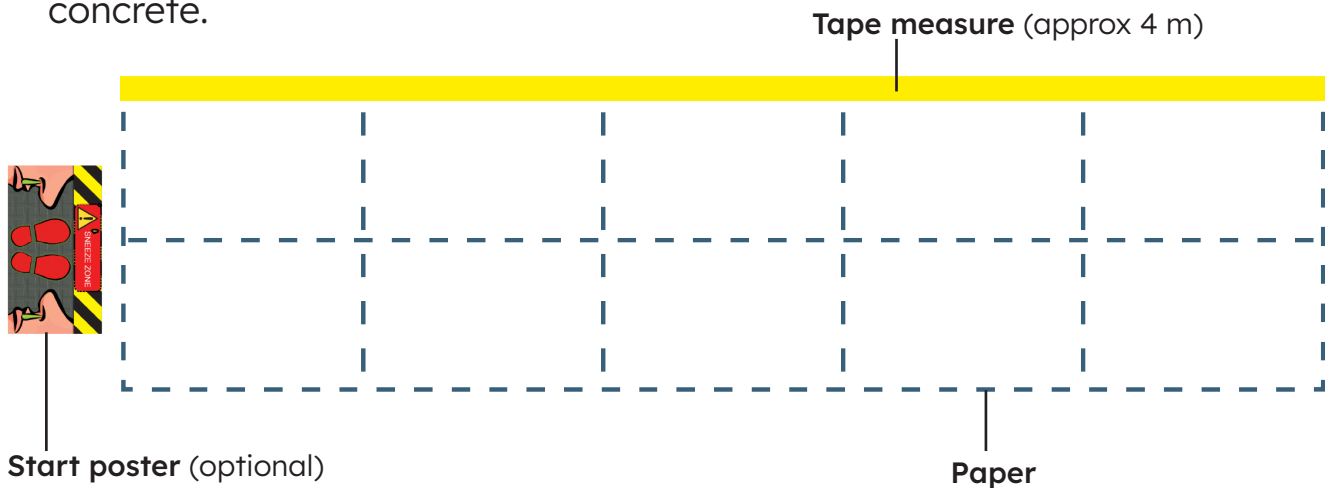
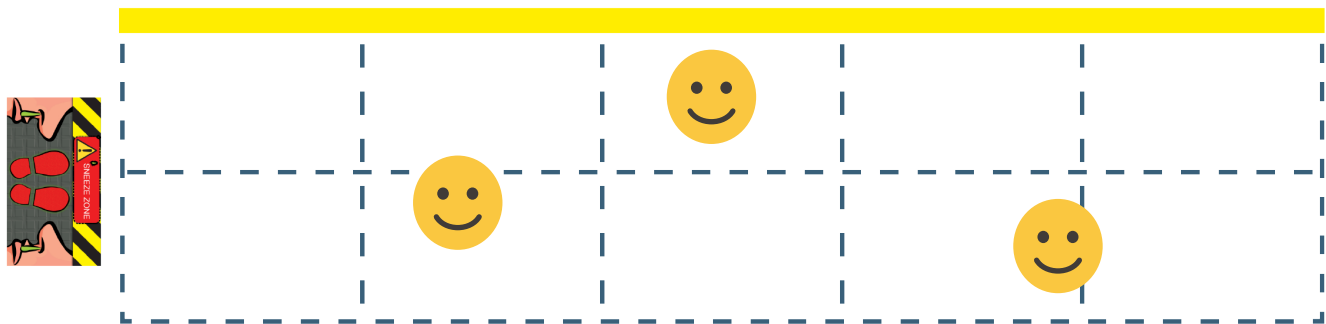


Sneeze Zone Instructions

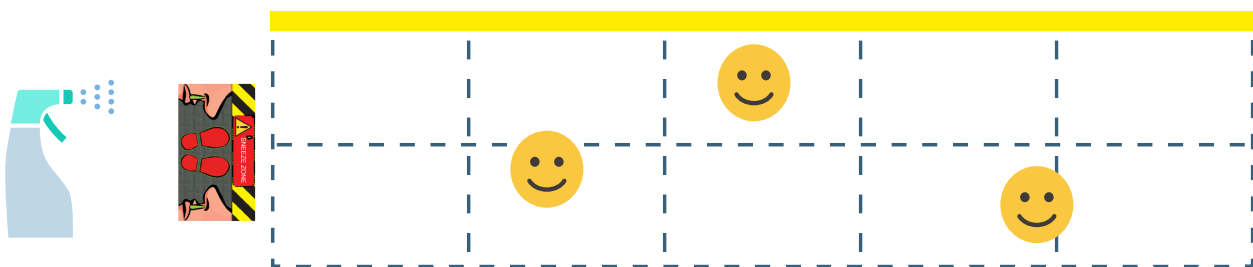
1. First create your own sneeze zone area by laying a tape measure next to some pieces of paper (newspaper or old cardboard also works) laid on the floor. You can also do it outside on some dry concrete.



2. Make some “people” to put in your sneeze zone by drawing round faces directly onto the sneeze zone or, draw them on some paper, cut them out and place them where you want within the sneeze zone.

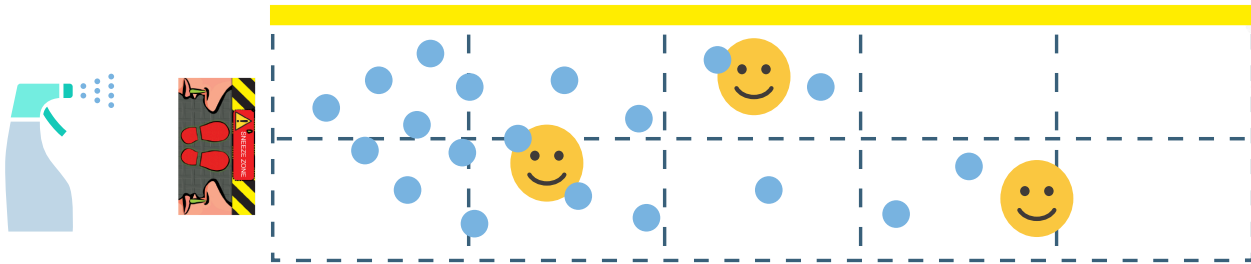


3. Fill a clean spray bottle with some water. Stand at the start of your sneeze zone and spray the water. This is your “sneeze”.

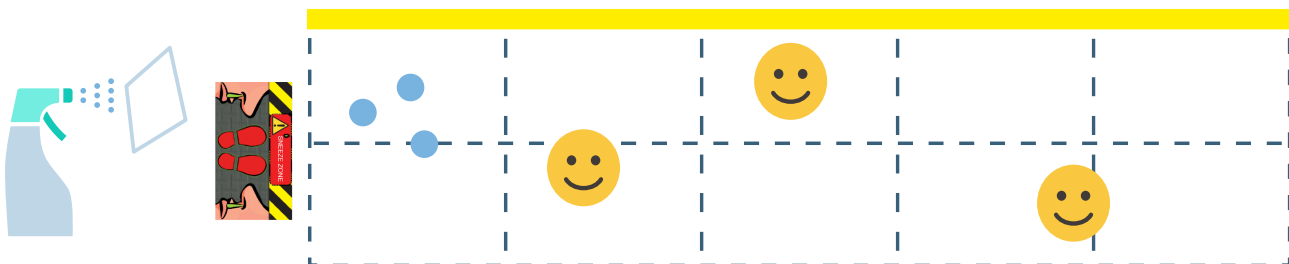


Sneeze Zone Instructions

4. How far did your sneeze go? Did any of your people in the sneeze zone get sneezed on?



5. Measure how far the sneeze travelled and record this on your worksheet. Attempt this several times.
6. Let the sneeze zone dry off and then have another go, BUT this time hold a tissue in front of the nozzle like you would your own nose if you were sneezing!



7. Measure the distance the sneeze went again and fill in your worksheet. Attempt this several times.
8. Take a look at the questions on the bottom of the worksheet and think about how you can use what you've learnt here to help spread fewer microbes the next time you sneeze!