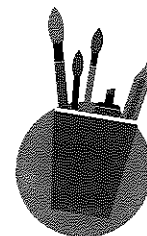


JOURNEYS ON EARTH AND BEYOND

Sneeze zone



About this activity

Achoo! How far can a sneeze travel and how can we prevent others from getting ill? Through this fun activity you can learn more about the spread of microbes and their potential to infect people. You will get to measure the distance and impact of a sneeze by using water in a spray bottle.

Time

30 minutes

Kit list

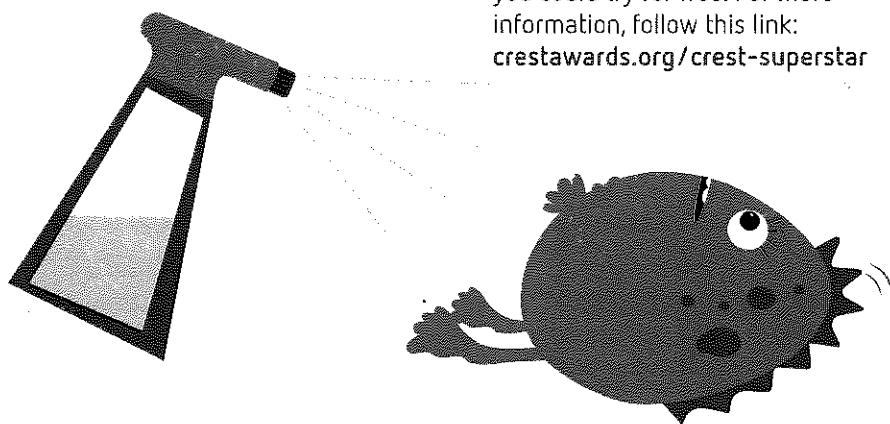
- 10 sheets of flip chart (A1) paper stuck together to make the *sneeze zone*
- An empty and clean spray bottle
- Sticky tape
- Gloves
- Sugar paper cut into squares (7cm x 7cm)
- Tape measure (approx. 4 metres long)
- Three different coloured pens (red, blue and black)
- Tissues
- Water

Instructions:

- 1 Stick the pieces of flip chart paper together so that you have a large sheet 4 metres long and 1 metre wide and stick this to the floor with tape. Place a tape measure along one side of the sheet and secure with tape. This is the *sneeze zone*.
- 2 Everyone should draw a round face or a stick person on a sugar paper square. This represents a person. You will need between 10 and 30 of these. Place the "people" anywhere in the *sneeze zone*.
- 3 Stand at one end of the *sneeze zone* and use the "nose" (water sprayer) to sneeze twice (spray the water). Measure how far the water droplets travelled using the ruler on the *sneeze zone* start mat. Count how many people on the mat were affected by the sneeze. Check each piece of sugar paper for any water marks. If there are any marks, draw a red circle around them.
- 4 Repeat step 3 but this time put a gloved hand in front of the "nose". Count how many people were affected. Draw a blue circle around the water marks (if any) and wipe away the water droplets.
- 5 Repeat a final time but put a tissue in front of the "nose" when you "sneeze". Draw a black circle around the water marks (if any). Wipe away the water droplets.
- 6 Compare the results. What might the problems be with just using your hand to protect others from sneezes? What are the best ways to stop sneezes spreading?

Next steps:

- Discover more about the spread of disease, as well as DNA, genes and genomes and all aspects of their impact on society here: yourgenome.org.
- This activity can be put towards a CREST SuperStar Award and there are plenty more online activities you could try for free. For more information, follow this link: crestawards.org/crest-superstar



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