

TITLE 3

NARRATOR: HELEN HATES GETTING ILL, AND WHEN YOU SNEEZE ILLNESSES CAN MOVE FROM ONE PERSON TO ANOTHER. HELEN WANTS TO KNOW: HOW FAR FROM A SNEEZE CAN YOU CATCH A DISEASE? TO FIND OUT, SHE'S CARRYING OUT AN EXPERIMENT WITH THE HELP OF PROFESSOR ANDREW EASTERN. MEET SNEEZING SALLY. WE ARE GOING TO MEASURE THE DISTANCE A SNEEZE CAN TRAVEL UP A BUS.

HELEN: SALLY, ARE YOU READY? OK... AND ACTION!

SALLY: ATISHOO! ATISHOO! ATISHOO!

HELEN: SO WHAT HAPPENS NEXT?

ANDREW: SO NOW WE JUST WAIT.



NARRATOR: ANDREW AND HIS PLATES GO BACK TO THE LAB FOR TESTING. THE RESULTS SHOW THAT THE SNEEZE TRAVELLED FIVE ROWS, THAT'S NEARLY FIVE AND A HALF METRES.

HELEN: KEEP YOUR SNEEZE IN! DON'T SPREAD YOUR DISEASE FIVE AND A HALF METRES AWAY!

TITLE 4

NARRATOR: BACK WITH JAVID, THE TEST RESULTS SHOWED THAT NOBODY CAUGHT A COLD, BUT EXPERTS STILL HAD SOME ADVICE ON HOW TO STAY HEALTHY.

ROB: EAT WELL, THAT'S THE KEY THING. YOU KNOW – EXERCISE, WASH YOUR HANDS.

NARRATOR: COLDS AND ILLNESSES SPREAD FROM YOUR NOSE AND THROAT WHEN YOU SNEEZE AND LAND ON OTHER PEOPLE. SO, IF YOU SNEEZE, ALWAYS COVER YOUR NOSE AND MOUTH AND ALWAYS RE-MEMBER TO WASH YOUR HANDS! THERE YOU HAVE IT, YOU DON'T CATCH A COLD FROM BEING COLD, BUT IT'S STILL VERY IMPORTANT TO LOOK AFTER YOURSELF.



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