

### 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 TRAVELED 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.



Pustovalova A.A.

