

EXPERIMENT NO:07

Aim of the Experiment:

To Learn Cough & Sneeze Etiquette.

Theory:

Coughing and sneezing are a body's natural reaction to an allergy or infection. But since they can potentially transmit the disease to another person, we must not forget to follow cough and sneeze manners. A Cough produces approximately 3000 droplets, whereas a sneeze releases an estimated 40,000 droplets.

Covering coughs and sneezes and keeping hands clean can help prevent the spread of serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and COVID -19.

Germs can be easily spread by:

Coughing, sneezing, or talking. touching your face with unwashed hands after touching contaminated surfaces or objects. Touching surfaces or objects that may be frequently touched by other people

People cough and sneeze etiquette:

1. Step far away from people and cover your mouth and nose when coughing or sneezing.
2. Do not roughly clear your nose or throat while in the presence of others. Not only is it unhygienic, but it also revolts another person.
3. If you have an urge to cough or sneeze, do it by folding of your elbow or into a tissue.
4. If and when you use tissues, dispose them in a responsible manner. Bin it as 'medical waste' and do not toss it around like it was harmless stuff.
5. Bin the used tissues in no-touch receptacles for disposal as touching the receptacle, again and again, is not advisable.
6. Wash your hands or use a hand sanitizer every time you touch your mouth or nose.
7. Wear an N95 or N99 mask when you are in the company of others.
8. If you know you have any kind of flu - however serious or not - sit as far away from others as possible.
9. Avoid touching your face with your hands (or even if you have just wiped your sick child's nose). When one touches the face with unwashed, uncleaned hands, the cold and flu viruses get a chance to enter the mucous membranes of the nose and eyes and cause infection.

RESULT: Understood Cough & Sneeze Etiquette.