

Name: \_\_\_\_\_

# Achoo!

by Cynthia Sherwood

Achoo! We all sneeze sometimes. Sneezing is a reflex that your body does automatically. That means you cannot make yourself sneeze or stop one once it has started. When you sneeze, your body is trying to get rid of bad things in your nose, such as bacteria. You have extra germs when you have a cold, so you sneeze a lot more. You might also sneeze when you smell pepper!



Inside your nose  
These hairs filter  
and pollen find  
bother your nose



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your nose tell your brain that something is invading  
your body.

Your brain, lungs, nose, mouth, and the muscles of  
your upper body work together to blow away the  
invaders with a sneeze. When you sneeze, germs from  
your nose get blown into the air. Using a tissue or  
"sneezing into your sleeve" captures most of these  
germs. It is very important to wash your hands after  
you sneeze into them, especially during cold and flu  
season.

Do you ever sneeze when you walk into bright  
sunlight? Some people say that happens to them  
often. Scientists believe the UV rays of the sun irritate  
the nose lining of these people so they sneeze.

If someone nearby sneezes, remember to tell them  
"Gesundheit!" That is a funny-looking word which is  
pronounced "gezz-oont-hite." It is the German word  
that wishes someone good health after sneezing.

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1. Which parts of your body work together when you sneeze?

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2. What does the German word Gesundheit mean?

- a. I wish you good health.
- b. I wish you God's blessings.
- c. I wish you a good day.
- d. I wish you would stop sneezing.

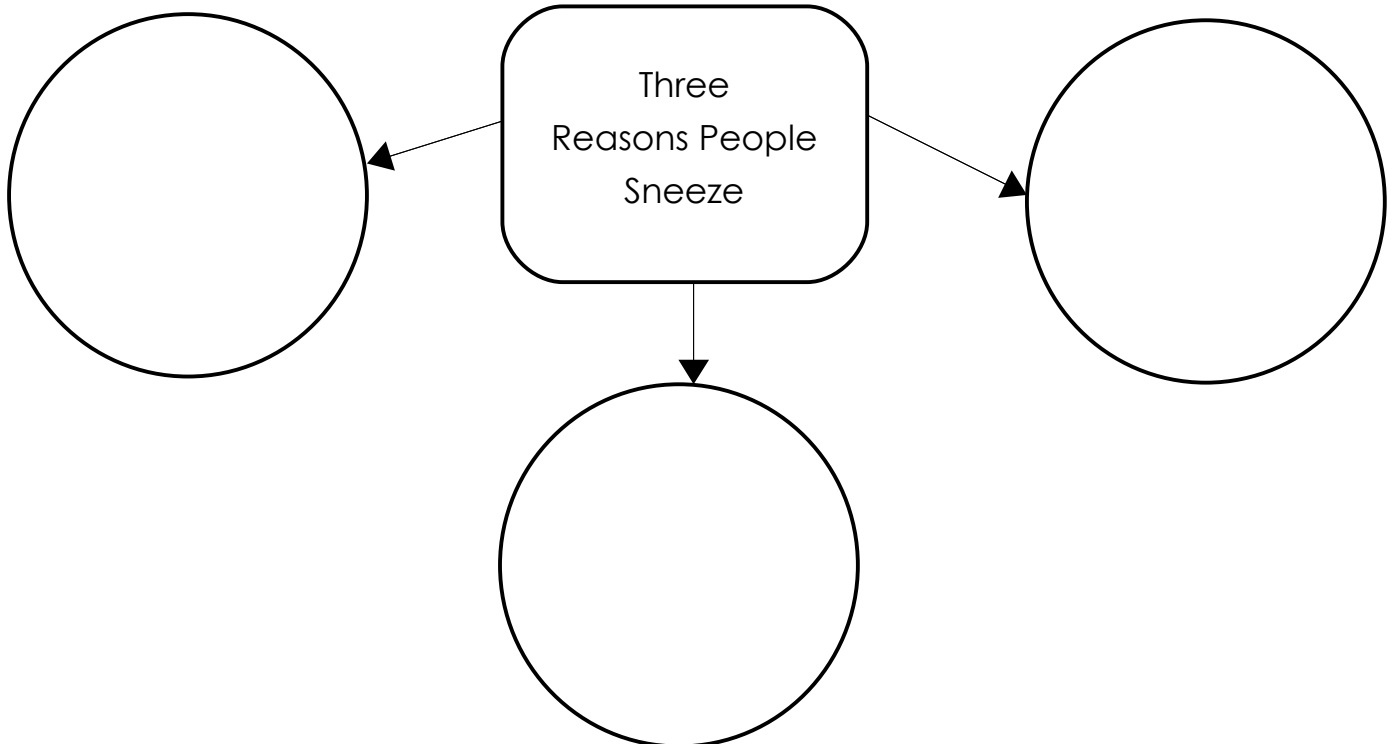
3. Why do



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4. Complete the web with information from the article.



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1. Which parts of your body work together when you sneeze?

When you sneeze, your brain, lungs, nose, mouth, and upper body muscles work together when you sneeze.

2. What does the German word Gesundheit mean? **a**

- a. I wish you good health.
- b. I wish you God's blessings.
- c. I wish you a good day.
- d. I wish you would stop sneezing.

3. Why do people sneeze?

The UV rays



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sneeze.

4. Complete

