

Name _____

The Marvelous Mystery of Coughing and Sneezing

Short Answer Key

1. Coughing and sneezing help protect the respiratory system by clearing irritants, mucus, and potential intruders from the airways and nasal passages.
2. When irritants are detected, the body triggers a reflex that involves the coordination of muscles, leading to a forceful exhalation to expel the irritants. In the case of coughing, this primarily affects the chest and abdominal muscles, while sneezing focuses more on the nose and throat.
3. It is important to cover your mouth and nose when coughing or sneezing, especially around others, to prevent the spread of germs and irritants that can cause infections or discomfort.
4. Three common causes of coughing and sneezing are infections (e.g., cold or flu), allergies (e.g., pollen or dust), and exposure to irritants (e.g., smoke or pollution).
5. Steps to reduce coughing and sneezing caused by irritants include maintaining good indoor air quality, avoiding smoking or exposure to smoke, practicing good hand hygiene to reduce the spread of infections, and using air purifiers if needed.

