



## Dear Teachers, Nurses and Parents

Runny noses, sniffles, coughs and sneezes all spread cold and flu viruses in different and surprising ways. Schools are one of the worst flu hot-spots in winter.

To help, **Kleenex**® tissues have put together a simple interactive classroom lesson for primary and intermediate schools. The lesson helps children learn good respiratory hygiene so they are well-equipped to keep themselves and others **SneezeSafe\*** – at school, at home and in the community.

In the **Kleenex**® **SneezeSafe\*** lesson, children experience the spread of simulated sneezes using water spray and witness 'infectious' hand-shakes using glitter. They learn why they need to trap their sneezes, bin their tissues, and wash their hands to be **SneezeSafe\***.

New Zealand's primary and intermediate schools and public health nurses are being offered FREE **Kleenex**® **SneezeSafe\*** teaching resources on-line. To get involved, simply download the lesson plan and poster at [www.sneezesafe.co.nz](http://www.sneezesafe.co.nz). Register with us for your chance to be one of New Zealand's 50 model **SneezeSafe\*** schools who we select to receive a cupboard full of FREE **Kleenex**® tissues and a special teaching kit.

Of those model schools, five lucky schools selected by the **Kleenex**® **SneezeSafe\*** team will be asked if they would like a visit from ACHOO the bug! He doesn't stay long in schools that are **SneezeSafe\*** as there's not much for him to do, but he promises to make a special assembly about respiratory hygiene fun for the whole school!

Now in its seventh year, the programme responds to the 'Personal Health and Physical Development' and 'Healthy Communities and Environments' strands of the health curriculum, and its messaging has the **full support of the Ministry of Health and Dr Lance Jennings, Associate Professor of Virology at Canterbury Health.**

Let's all help New Zealand to keep sneezes safe!

**Best wishes from  
The KLEENEX® SNEEZESAFE\* Team**

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