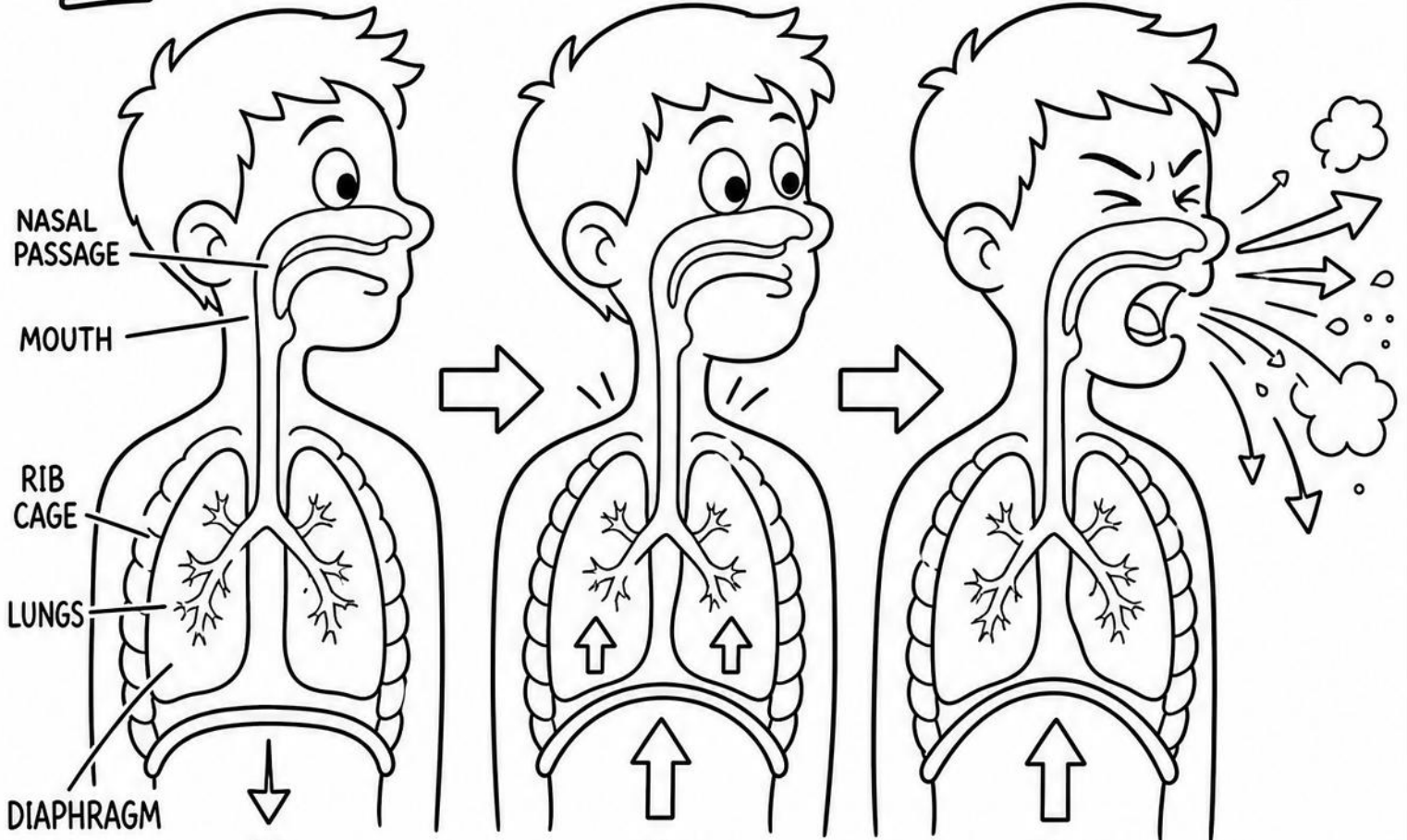


# ACHOO!



1

INHALE  
DEEP

DIAPHRAGM  
RELAXED AND  
LOW

2

DIAPHRAGM  
CONTRACTS AND  
PUSHES UP

AIR FORCED OUT  
OF THE LUNGS

3

AIR RUSHES OUT  
THE NOSE AND  
MOUTH IN A SNEEZE!

➡ AIRFLOW DIRECTION      ⬆️ DIAPHRAGM MOVEMENT      ☁️ AIR AND DROPLETS RUSHING OUT