HYGIENE

Various germs cause✓ numerous types of illness✓ including the common✓ cold and flu. When we cough, sneeze✓ or talk we release minute germ-filled droplets into the air. Anyone within a three foot radius can inhale these droplets. Colds and flu are spread✓ this way.

According to Dr W Kumalo✓, the first defence against sickness✓ and the spreading of germs is to wash your hands correctly.

Use warm✓, running water and antibacterial✓ soap. Lather well, rubbing your soapy✓ hands together for at least 20 seconds.

*Ignore ‘Kumalo’*

*If the English (US) dictionary is used, the word ‘defence’ will also be marked as a spelling error (=defense). In the English (UK) dictionary the word is spelled ‘defence’.*

*[10] Marks for correcting the spelling and grammar errors.*