

## Sneezing Etiquette (Best Practice)

From an African Place of Being.

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# Black Open university

Sneezing is a mechanism your body uses to clear the nose. When foreign matter such as dirt, pollen, smoke, or dust enters the nostrils, the nose may become irritated or tickled. When this happens, your body does what it needs to do to clear the nose (and the respiratory system) - it causes a sneeze. A sneeze is one of your body's first defences against invading airborne bacteria and bugs. **Sneezing is a natural process in humans.**

What to do when you are in public and you feel a sneeze coming on? Our guidance on Sneezing Etiquette will help clear your mind of all such worries.

Sneezing etiquette will help you keep your dignity even while disagreeable waste (snot) is blowing out of your nose at 4.5 to 9 meters per second, or 10 to 20 miles per hour. What is snot anyway? It is mostly made from the mucus that also protects the lungs. When you breathe in air through your nose, it contains lots of tiny things, like dust, dirt, germs, and pollen; snot is one expression of the disagreeable waste from the respiratory system. Sneezing etiquette will help minimize the improper spread of your bodily waste product into the community. More importantly to those around you, following proper sneezing etiquette will keep your boogers off of those around you when you sneeze. [Fear is the Mind Killer](#), always seek to minimise the potential for fear and insecurity.

As a sneeze, either triggered by an environmental temperature change, infection (disagreeable ingestion) or allergies, will creep up on you unexpectedly at any time, it is important to the common good that Ones read the list below on sneezing etiquette to ensure our sneezing etiquette is second nature.

1. Keep a tissue or handkerchief easily at hand, familiar to your instinctive reach.
2. Always cover your mouth and nose area when sneezing, preferably with a tissue or handkerchief, but in dire straits sneeze into the crook of the elbow or a sleeve will work as well. Worse than that, but better than an uncontrolled sneeze, is to cup both of your hands over the nose and mouth area, that will also work to a lesser degree (but is the most problematic of the listed options, think about it!). Always be ready to clean up properly and overtly. As best as possible AVOID SPREADING YOUR BODILY WASTE.
3. If someone gives you their handkerchief when you sneeze, do not hand it back to them covered in your waste. Proper sneezing etiquette dictates you take it home, wash it and present it back to the lender in tip top shape (snot not included).
4. If you are having a sneezing fit, please excuse yourself from the room or communal area.
5. If you need to blow your nose after sneezing, excuse yourself from the room or communal area. Inevitably some Ones will be disturbed by that highly penetrating

sound, even though it is part of a natural human function of self protection. Be mindful and considerate of peoples' feelings (and insecurities).

6. If you sneeze, say, ይቅርታ "yik'rta" afterwards; "let it pass" or ጤና : ይስጥልኝ "t'ena : yist'Ing"; "give thanks for health". If someone near you sneezes expressing (or at least trying to express proper etiquette), it is complimentary etiquette to say, ሐሺማ "hashima", "respect" or ጤና : ይስጥልኝ "t'ena : yist'Ing"; "give thanks for health". Check it out and make your own decision.
7. ALWAYS Wash your hands after sneezing, even if you used a tissue or handkerchief, to prevent the spread of germs. Be mindful of what you (DON'T) touch on the way to the hand washing facilities. Ideally others of kind around you will be mindful and assist with door opening and tap turning and even soap dispersal.
8. The practice of nasal cavity washing / flushing is known in more traditional cultures to be a good general daily practice. For those unfamiliar with this please do research this ancient **mind-breath-body harmony** (yogic) cultural practice further. If done the water should be sterile, saline or filtered for micro-organisms; if tap water is used it should be boiled and cooled. If done periodically, morning, during the day and at night, Ones may find the need to sneeze greatly reduced.
9. Observe ሐሺማ hashima (general best practices in communal / Self respect)

While sneezing isn't exactly pretty, you can do it and move on as gracefully as possible by following the above tips on sneezing etiquette! This guidance is part of የግዛት ስልቶች YehGzat Urwuk'eht (environmental science) learning from a የጥምር : ስውቀት Unifiedknowledge perspective. Teach your children and the beloved in your care these protocols (etiquettes), **self discipline** is a highly valued and transferable skill, it is the Way..

As a summary thought, remember the ተቀጥሎ : አሳብ Tehwagi Ahsab is about establishing and maintaining Peace throughout Ones' Province (ግዛት) .

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Creator be praised. Respect the Warrior Idea.

<https://www.abundancecentre.org/pedagogy>

- <https://www.abundancecentre.org/yehgzat-urwukeht-environmental-science.html>
- <https://archive.peoplescience.org.uk/index.php?dir=info-for-community/events-at-our-centres/Coronavirus2020/>

