

# Sneezing while driving



ACHOO!



**Sneezing can cause your eyes to close for up to 3 seconds. While driving at 70mph, you could travel up to 100 metres with your eyes closed!**

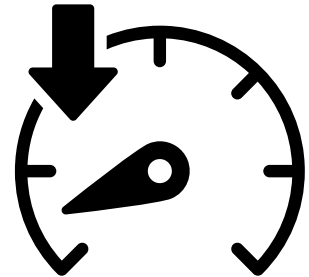
**Follow these steps if this happens to you**

**KEEP  
CALM**

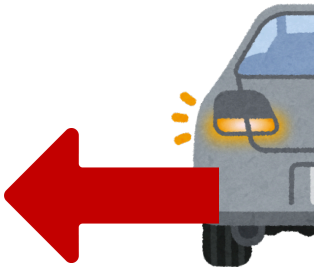
Remain calm to  
avoid panicking



Keep both hands  
on the wheel



Gradually reduce  
your speed



Signal, pull over  
if safe to do so



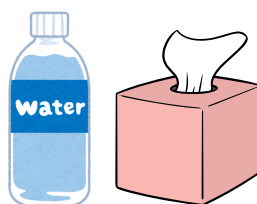
Turn on  
hazard lights



Take a break,  
drink some water



Assess your  
condition



Keep tissues and  
water in vehicle

**The same steps  
also apply to  
coughing  
fits**

**COUGH**