

Sneezes Provoke Fears Beyond Illness

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Scientific American:

With H1N1 on the rise and flu shots hard to find, few things are as terrifying as [sneeze sound]. But now a report in the journal *Psychological Science* suggests that coughing and sneezing can spread more than viruses. They also spread fear, of germs and more.

So you're on line for a movie when the guy behind you lets loose a big, juicy [sneeze sound]. Maybe you hold your breath, or maybe you decide to skip the flick and go home to scrub your hands like you're *Lady Macbeth*. Well, psychologists got to wondering whether that well-grounded caution could snowball into an overarching skittishness about disease and other things.

Read more: [*Scientific American*](#)