

Infections can be passed from person to person partly through bad **respiratory etiquette**. Dr Arpana Verma, senior lecturer in public health at the University of Manchester, says she was **recently involved in** a project where a group of **researchers** **covertly** observed people's **coughs** and **sneezes**: "We were amazed by how many people spit."

Respiratory	= dechový
Etiquette	= dobré návyky
Involved in	= zúčastni (ceho)
Covertly	= skryte
Cough	= kašel
Sneeze	= kýchání
Researcher	= badatel
Recently	= nedávno

During the group's **survey** [=anketa] around the city of Manchester, they **observed** [=pozorovat] 154 people coughing, sneezing, or **blowing their noses** [=smrkat], and **classified** [=třídít] this **behaviour** [=chování] **according to** [=podle] the Centres for Disease Control and Prevention (CDC) **guidelines** [=pokyny]. Only one person – 0.7% of their sample – had good respiratory etiquette, coughing into their upper arm, in line with CDC recommendations. Four (2.6%) had acceptable etiquette, and 149 (96.8%) had bad respiratory etiquette. None **reached the bar** [=dosáhnout lat'ky/standard] **set** [=nastavenou] for excellent etiquette. "People were sneezing, just out into the open," says Verma, "and I'm sure you've seen that photograph of how far the **droplets** [=kapky] from a sneeze go ..."

Another classic **route** [=cesta] for the **spread** [=rozšíření] of **germs** [=mikroby] is poor hygiene, especially poor handwashing. Recent UK research [=výzkum] found that 99% of people interviewed at **service stations** [=benzinky] **claimed** [=tvrdit] to have **washed their hands** after using the toilet – but **recording device** [=nahrávací zařízení] **revealed** [=odhalit] that only 64% of women and 32% of men **actually** [=skutečně] had **washed their hands**. In 2012, Ms. Cutler published research which found faecal bacteria on 26% of hands in the UK; 11% of hands had as many germs as a dirty toilet bowl.

This bacteria is passed to everything we touch. Cutler **screened** [=tridit] **banknotes** [=bankovka] and credit cards and found 26% of the notes and 47% of the cards had high levels of bacteria, including E coli. Analysis of mobile phones **has shown** [=ukazalo] that one in six are contaminated with faecal bacteria. (Experts **have suggested** [=navhrli], as a guideline, that washing your hands **properly** [=poradne] should take as long as singing Happy Birthday twice.)

In environmental terms, public toilets are obviously breeding grounds for germs in cities, and Cutler says he'd like to see "ways of improving environments so they become easier to clean, easier to manage – novel surfaces and structures, so there aren't so many nooks and crannies in public areas. There's now a plethora of different toilet designs, none of which have been realistically tested but which nevertheless show promise. What people forget is that when you flush a toilet, there's a thing called a spray that goes something like two metres in the air and can contain faeces, which means you could breathe in E coli and the rest."