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| **Headings** | Limit manuscript sections and sub-sections to 3 heading levels. Make sure heading levels are clearly indicated in the manuscript text. |
| **Layout and spacing** | Manuscript text should be double-spaced.  Do not format text in multiple columns. |
| **Reference style** | PLOS uses “Vancouver” style, as outlined in the [ICMJE sample references](http://www.nlm.nih.gov/bsd/uniform_requirements.html).  [See reference formatting examples and additional instructions below](https://journals.plos.org/plosone/s/submission-guidelines#loc-references). |
| **Equations** |  |

We recommend using MathType for display and inline equations, as it will provide the most reliable outcome. If this is not possible, Equation Editor or Microsoft's Insert→Equation function is acceptable.

Avoid using MathType, Equation Editor, or the Insert→Equation function to insert single variables (e.g., “a² + b² = c²”), Greek or other symbols (e.g., β, Δ, or ′ [prime]), or mathematical operators (e.g., x, ≥, or  ±) in running text. Wherever possible, insert single symbols as normal text with the correct Unicode (hex) values.

Do not use MathType, Equation Editor, or the Insert→Equation function for only a portion of an equation. Rather, ensure that the entire equation is included. Equations should not contain a mix of different equation tools. Avoid “hybrid” inline or display equations, in which part is text and part is MathType, or part is MathType and part is Equation Editor.

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| **Beginning section** | *The following elements are required, in order:*   * Title page: List title, authors, and affiliations as first page of manuscript * Abstract * Introduction |
| **Middle section** | *The following elements can be renamed as needed and presented in any order:*   * Materials and Methods * Results * Discussion * Conclusions (optional) |
| **Ending section** | *The following elements are required, in order:*   * Acknowledgments * References * Supporting information captions (if applicable) |
| **Other elements** | * Figure captions are inserted immediately after the first paragraph in which the figure is cited. Figure files are uploaded separately. * Tables are inserted immediately after the first paragraph in which they are cited. * Supporting information files are uploaded separately. |

### Title

Include a full title and a short title for the manuscript.

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| **Title** | **Length** | **Guidelines** | **Examples** |
| **Full title** | 250 characters | Specific, descriptive, concise, and comprehensible to readers outside the field | Impact of cigarette smoke exposure on innate immunity: A Caenorhabditis elegans model  Solar drinking water disinfection (SODIS) to reduce childhood diarrhoea in rural Bolivia: A cluster-randomized, controlled trial |
| **Short title** | 100 characters | State the topic of the study | Cigarette smoke exposure and innate immunity  SODIS and childhood diarrhoea |