

# NEWSREEL

## 2022-05-21

### Programmanus

av Kate Holland

Hi, and welcome to Newsreel. I'm Kate Holland.

Coming up: Living with long covid

*Ellie Brennan: I would say I've had to change everything in my life.*

#### **The hidden damage from Nanoparticles**

But first...

Scientists have warned that nanoparticles could be damaging the environment when they are washed out to sea.

Nanoparticles are tiny particles which cannot be seen by the naked eye.

They're used in medicine to help transport drugs into human cells and are also added to cosmetics and sunscreens.

But these tiny particles have now been found to be poisonous to some fish and other sea life.

Following these new findings, the EU has banned the use of some nanoparticles in cosmetics.

#### **Living with long covid**

Now, there are around one and a half million people in the UK who have what's known as long covid and many of them are young people.

**nanoparticles**

*nanopartiklar*

**the environment**

*miljön*

**are washed out**

*spolas ut*

**the naked eye**

*blotta ögat*

**drugs**

*läkemedel*

**sunscreen**

*solskyddsmedel*

**poisonous**

*giftiga*

**has banned**

*har förbjudit*

**long covid**

*långvarig covid-19*

Long covid is when it takes months or even years to recover from a covid infection. Sufferers feel extremely tired and often have difficulty breathing.

The MP Andrew Gwynne recently told parliament how long covid left him struggling to breathe and unable to work.

*Andrew Gwynne: When my self-isolation period ended and, in theory, I should have been fine to return to work, I found that I couldn't.*

He says that more workplaces should make 'adjustments' for people with long covid, so that they can continue working or receive compensation.

I spoke to two young people with long covid to find out what life is like for them.

*Callum O'Dwyer: It was about 2 to 3 months on from the initial infection that I realised that things were looking pretty grim. Things were not improving dramatically or in any sort of speed.*

That's Callum O'Dwyer, a former engineer from Aberdeen in Scotland who had to change jobs after getting covid.

So Callum, how have you had to change your life since you became ill?

*Callum O'Dwyer: I use a walking stick when I know I have to stand for a long period of time. And the other thing that I've done recently, which was very exciting, is that I have a portable bed. It's very comfortable and it allows me to lie down and take some of the pressure off and I can be at events, because I'm able to lie down with my portable bed.*

Are you hopeful about getting better in the future?

*Callum O'Dwyer: I feel like I'm slowly starting to learn ways of managing, which means that my quality of life will continue to improve*

I also spoke to Ellie Brennan who is a radio presenter with long covid.

*Ellie Brennan: The symptoms I had were severe fatigue. I would sleep 18 hours a day, sometimes more. I had really bad aches in my body.*

What impact has being ill had on your life?

**to recover**  
*att återhämta sig*

**sufferers**

*de lidande*

**to be unable**

*att inte kunna*

**self-isolation**

*självisolering*

**adjustments**

*anpassningar*

**compensation**

*ersättning*

**initial infection**

*första infektionen*

**grim**

*dystert*

**were not improving**

*förbättrades inte*

**engineer**

*ingenjör*

**walking stick**

*käpp*

**portable bed**

*bärbar säng*

**pressure**

*tryck*

**ways of managing**

*sätt att hantera*

**radio presenter**

*programledare på radio*

**fatigue**

*trötthet*

**aches**

*värk*

*Ellie Brennan: I would say I've had to change everything in my life. I've changed my diet; I've stopped drinking as much alcohol. So it's still an ongoing process, but I'm feeling so much better than I was before, so I hope I will totally recover and hopefully it won't be too long.*

Thanks Ellie and Callum

### **St Paul's Boys' Choir**

That's the famous choir at St Paul's Cathedral in London. The cathedral has announced that it's going to accept girls into the choir for the first time in its 900 year history.

The choir, which is made up of boys who are mostly under 10 years old, has performed at royal weddings and important funerals.

You have to pass two auditions and learn hundreds of songs each year to join.

That's all for today and for this term. I'll be back in September. Until then thanks for listening and have a great summer. Goodbye!

**diet**

*kost*

**ongoing**

*pågående*

**announced**

*meddelat*

**performed**

*uppträtt*

**royal weddings**

*kungliga bröllop*

**funerals**

*begravningar*