

NEWSREEL

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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