

NEWSREEL EASY

2022-05-21

Programmanus

av Kate Holland

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

Coming up: Young people with long covid

Ellie: I would sleep 18 hours a day, sometimes more.

Dangers of Nanoparticles

But first:

What do you know about nanoparticles?

They're tiny particles which cannot be seen by the naked eye and are used in makeup and medicine.

But scientists have found that nanoparticles could harm the environment.

They say that some nanoparticles are toxic to fish and other sea life.

The EU has already stopped the use of some nanoparticles in cosmetics and has just announced that it will ban 12 more.

Living with long covid

Now, do you know anyone with long covid?

Long covid is when you still have covid symptoms months or even years after you first got ill.

nanoparticles

nanopartiklar

the naked eye

blotta ögat

the environment

miljön

toxic

giftiga

ban

förbjuda

long covid

långvarig covid-19

ill

sjuk

Symptoms include extreme tiredness and finding it difficult to breathe.

The MP Andrew Gwynne recently told parliament that he has long covid.

Andrew Gwynne: Back in March 2020, I first caught COVID. Madam Deputy Speaker, that was 107 weeks and four days ago, and I am still struggling with some of the symptoms of long covid.

He says he sometimes struggled to talk.

Andrew Gwynne: I would be talking to my wife and suddenly words would vanish.

There are around one and a half million people with long covid in the UK. I've been speaking to two young people with the condition.

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.

That's Ellie Brennan, a radio presenter who has had long covid since January 2021.

Ellie, how has your life changed since getting Covid?

Ellie Brennan: I've had to improve my lifestyle in terms of what I eat. I don't drink as much alcohol. I do very slow, purposeful exercises I don't particularly enjoy, but it's helping build my muscles back up, so I've just had to be kind to myself.

Ellie says she had to 'improve' her lifestyle to get better from long covid.

I also spoke to Callum O'Dwyer from Aberdeen in Scotland.

Callum, how did you know you had long covid?

Callum O'Dwyer: I was struggling to pick up plates. I was struggling to pick up water bottles, and I knew that something wasn't right.

In what ways has your life changed?

tiredness

trötthet

MP (Member of Parliament)

medlem i det brittiska

parlamentet

struggling

kämpar

struggled to talk

hade svårt att tala

vanish

försvinna

condition

tillstånd, sjukdom

severe

svår, allvarlig

fatigue

trötthet

aches

värk

improve

förbättra

particularly

särskilt

kind

snäll

pick up

plocka upp

plates

tallrikar

Callum O'Dwyer So 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.

Callum says he carries a bed with him when he leaves the house so he can rest when he gets tired.

And has your life started to improve?

Callum O'Dwyer: I've started to adapt to my disability and life has gotten a bit better, so my quality of life has improved.

Thank you Callum and Ellie.

St Paul's Boys' Choir

And Finally:

That's the boy's choir at St Paul's Cathedral in London. The cathedral has announced girls will be allowed to join the choir for the first time in its 900 year history.

To become a singer you have to pass two auditions and be under 10 years old.

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

walking stick

käpp

portable bed

bärbar säng

to adapt

att anpassa sig

disability

funktionsvariation

choir

kör

announced

meddelat

auditions

provjungningar

autumn

höst