Client Development Activity Pack!

In this pack you will find challenges, exercises and activities to help you pass some time and take care of your wellbeing. We will be sending one of these packs to your service every day, Monday - Friday. Remember to pick up your copy! We hope you find it helpful.
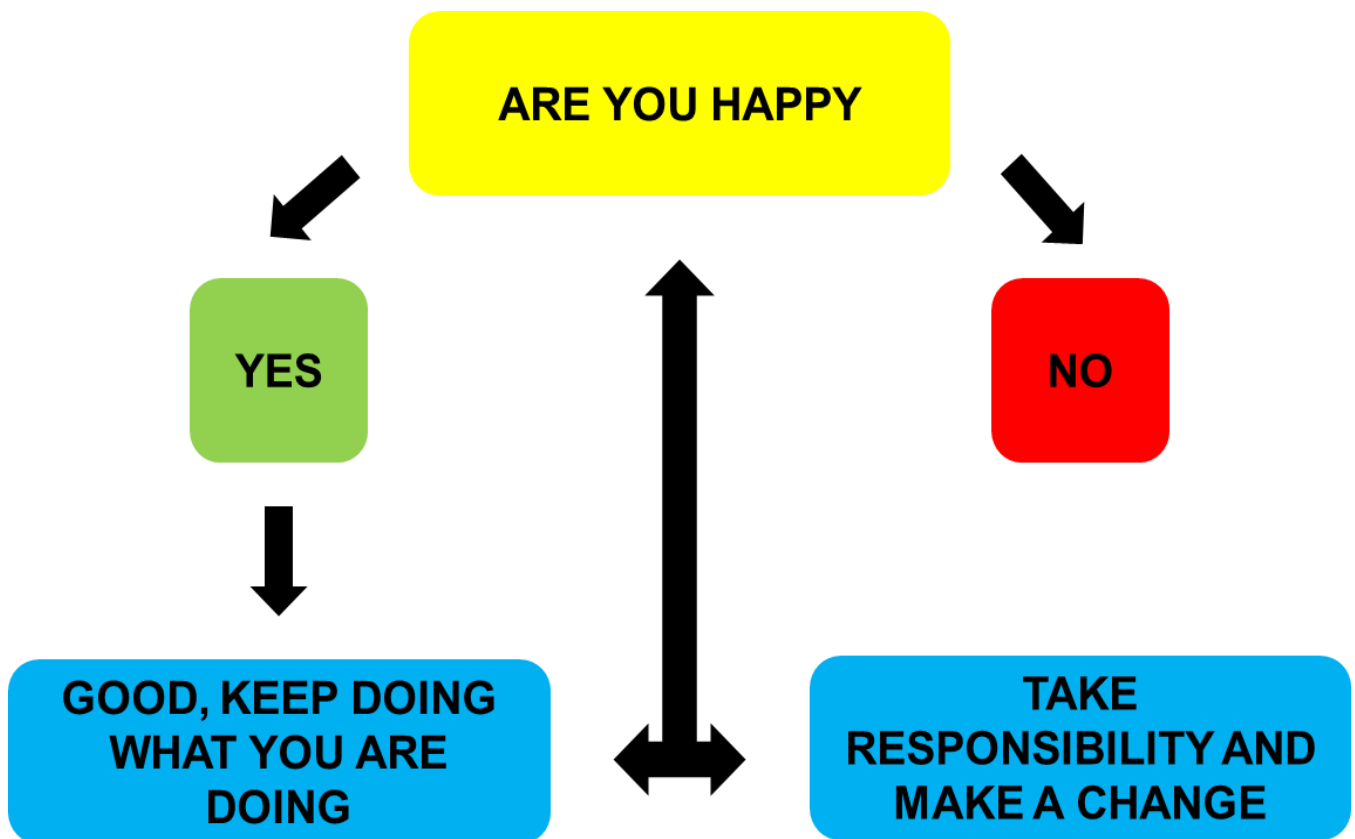
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Don't Miss Out!

Join us for a Chair Yoga Class on zoom today at 4pm!

All you need is a chair and phone or laptop with an internet connection. Contact cd@dubsimon.ie for further information or ask a member of staff in your service.

Client Development would love to hear your feedback! Tell us what you would like to see more of in these activity packs. Send us photos of your activities and we will include them in the next issue. Contact us by email at cd@dubsimon.ie.

Dublin Simon Community

Food for Thought

ARE YOU HAPPY

YES

NO

GOOD, KEEP DOING WHAT YOU ARE DOING

TAKE RESPONSIBILITY AND MAKE A CHANGE

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For more information please contact Sure Steps Counselling on 01 635 4882 or surestepscounselling@dubsimon.ie

Coronavirus (COVID-19) words and terms explained in plain English

Many people find health information difficult to understand, particularly at the moment. The National Adult Literacy Agency (NALA) has compiled an A-Z list of words about coronavirus (also called COVID-19) with plain English explanations. Today we are looking at some more 'C' words and terms. Visit https://www.nala.ie/covid-19-words-explained/ for the full list.

Contact – direct and indirect	Contact with someone with COVID-19 can include direct contact and indirect contact which can spread the virus. 1. Direct contact is when you breathe in droplets from an infected person's cough or sneeze through the air. That's why keeping your distance to 2 metres apart is important. 2. Indirect contact is when you touch something that the infected person has touched with the virus and it is spread to you. That's why cleaning regularly touched surfaces like door handles, light switches and so on is important.
Contact tracing	When the health authorities try to find who has been in close contact with someone who has COVID-19 to see who else may be at risk of catching it. **Source:** Journal.ie contact tracing explainer
Contagious	This means that a disease can be spread from one person to another, typically by direct contact. This is why we don't shake hands with people during this COVID-19 outbreak.
Contamination	This is a process of infecting or staining something making it impure or spoiled.
Containment phase	Steps introduced to prevent the virus from spreading for as long as possible, such as identifying early cases and trying to establish who the infected person has been in contact with. **Source:** RTÉ website: the terminology of COVID-19
Containment strategy	Process of preventing transmission of COVID-19 from an infected individual to others. This means isolating a person with COVID-19 from other people.
Coronavirus COVID-19 The name COVID-19 comes from the year it was first detected (2019) and using letters from CO-rona-VI-rus D-isease.	Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. **Source:** World Health Organisation https://who.int It is new illness that can affect your lungs and airways. Most people infected with the COVID-19 virus will experience mild to moderate respiratory (breathing) illness and recover without needing special treatment. COVID-19 is spread by sneeze or cough droplets. To infect you, it has to get from an infected person's nose or mouth into your eyes, nose or mouth. This can be direct (from droplets) or indirect (on hands, objects, surfaces). **Source:** HSE