

EDITION 65 April 2020

COVID-19

Coronavirus or COVID-19 is now in almost every country in the world. It has been declared a pandemic by the World Health Organisation. A pandemic is the name given to a disease that spreads across the world. A vaccine or a treatment for this virus still not available. Scientists are working hard to develop a vaccine and a treatment however, it will be some time before something is available.

Although most of us who get the virus should make a complete recovery, some people will have more serious effects, and some will die. Older people and people who already have health issues, people undergoing cancer and other treatments, pregnant women, those with chest or lung conditions and diabetes are especially at risk.

It is the responsibility of each and every one of us to keep ourselves and those around us safe. COVID-19 is spread in sneeze or cough droplets. To infect you, it must get from an infected person's nose or mouth into your eyes, nose or mouth. This can be direct or indirect (on hands, objects, surfaces). Keep this in mind. It will help you remember all the things you need to do to protect yourself and others from the virus. The ways we can do this are:

Social distancing

- Keep a space of 2 metres (6.5 feet) between you and other people (the length of a car or a bed).
- Reduce contact with people outside the workplace and home.
- Limit your travel outside the home to only necessary places such as a food shop and pharmacy.
- It is really important to avoid crowded places, even outdoors.
- Work from home if possible.
- Do not shake hands or make close contact.

Washing our hands properly and often

- After coughing or sneezing.
- Before and after eating.
- Before and after preparing food.
- If you were in contact with someone who has a fever or respiratory symptoms (cough, shortness

of breath, difficulty breathing).

- Before and after being on public transport or in a crowd (especially an indoor crowd).
- When you arrive and leave buildings including your home or anyone else's home.
- If you have handled animals or animal waste.
- Before and after having a cigarette or vaping.
- After using the toilet.

Do not touch your eyes, nose or mouth

Do not share objects that touch your mouth –

for example, bottles, cups, forks, spoons.

Symptoms of coronavirus

It can take up to 14 days for symptoms of coronavirus to appear.

You may get one, some or all of these symptoms:

- [A cough](#) - any kind of cough, not just a dry cough.
- Shortness of breath.
- Breathing difficulties.
- [Fever \(high temperature - 38 degrees Celsius or above\)](#) or chills.

Other symptoms are tiredness, headaches, sore throat, aches and pains.

What do I do if I have these symptoms?

If you develop symptoms or have been in close contact with someone who has them

- You must [self-isolate](#) and phone your GP.
- **Do not go** to a GP surgery, pharmacy or hospital. The GP will assess you over the phone. If they think you need to be tested for coronavirus, they will arrange a test at one of the testing centres around the country.

How do I self-isolate?

- Stay at home, in a room with the window open.
- Keep away from others in your home. Do not share any cups, glasses etc.
- Do not go to work or anywhere with other people
- Do not use public transport.
- Stay away from older people or people with a health condition.

If we follow this advice, we can save thousands of lives. We are all in this together.

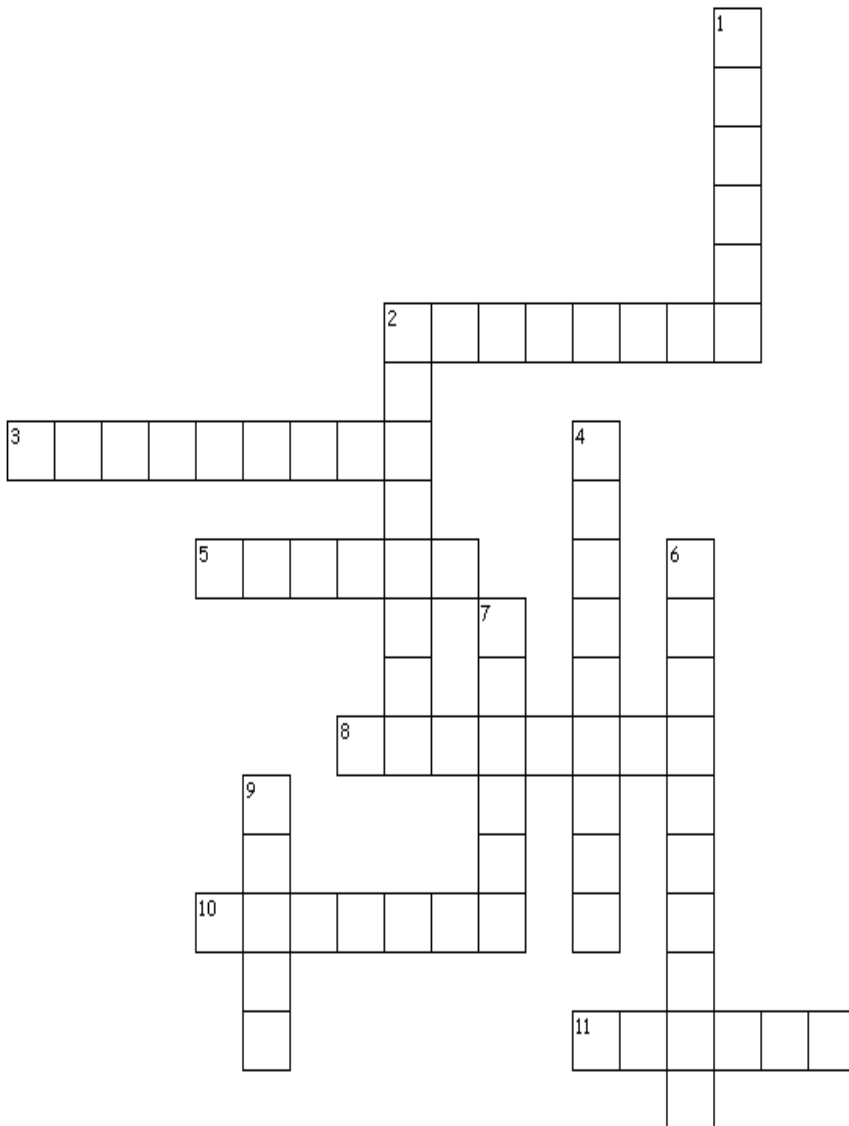
Stay safe and wash your hands.

Ph sounds like F

photograph	autograph	pharmacy	elephant	nephew
photographer	geography	physical	dolphin	trophy
photography	biography	phone	orphan	phobia

Crossword

All the answers are words from the word list above



Across

- A place to buy medicines (8)
- A book written about a person's life (9)
- A strong fear of something (6)
- They say this animal never forgets (8)
- A sea mammal (7)
- You are his aunt, he is your _____ (6)

Down

- The winner receives one of these (6)
- When you are active you are getting _____ exercise (8)
- This is a school subject (9)
- You take this with a camera (10)
- A child whose parents are dead (6)
- You may have a mobile one of these (5)

Fill in the blanks using words from the list

- A person taking photos _____
- A chemist's is also called a _____
- Fungi in Dingle is one _____
- You might ask a famous person for their _____
- A selfie is a _____ of yourself
- You can send a text on your _____
- A cup or a prize _____
- A person's life story _____
- A study of the earth _____
- A fear of spiders is one _____

Maths

- How many minutes in 2 ½ hours?
- 25% is the same as what fraction?
- If I can run 4km in 36 minutes. How many minutes will it take me to run 10km?
- How many km should I run in 45 minutes?
- There are 60 people in a book club 10% of them wear glasses, ¼ of them are men and 1/5 of them are over 70.
 - How many wear glasses?
 - How many of them are women?
 - How many are over 70?
- I can buy ½ dozen apples for €1.20 How much will 10 apples cost me?

Answers

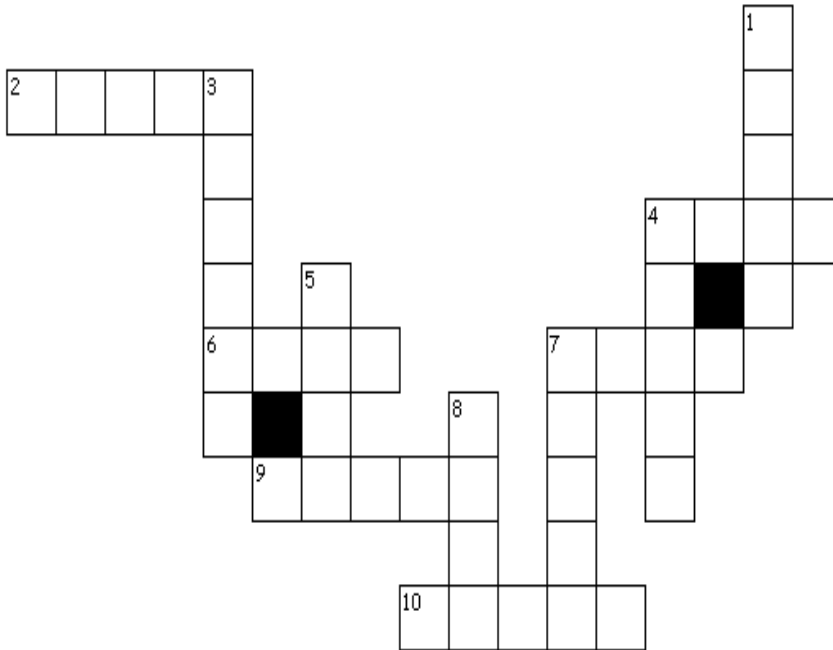
1. 150 mins 2. ¼ 3. 90 mins
4. 5km 5. 6, 45, 12 6. €2

Homophones - words that sound the same but have a different spelling and meaning

by/buy/bye	write / right	one / won	hole / whole	know / no
cent/ sent / scent	meat / meet	here / hear	thought / taught	plane/ plain
break / brake	pear / pair	week / weak	hair / hare	steal / steel

Crossword

The answers are all words from the word list



Across

2. The opposite to wrong (5)
4. He _____ me a lovely card in the post (4)
6. Can you _____ the birds singing? (4)
7. There are 7 days in this (4)
9. You press this to stop (5)
10. The gate is made of this (5)

Down

1. A nice smell (5)
3. She _____ me how to swim (6)
4. Another word for rob (5)
5. Two of something is a _____ (4)
7. Will you _____ down a list of what you need (5)
8. A vegetarian will not eat this (4)

Fill in the blanks below

Try them without looking up at the list

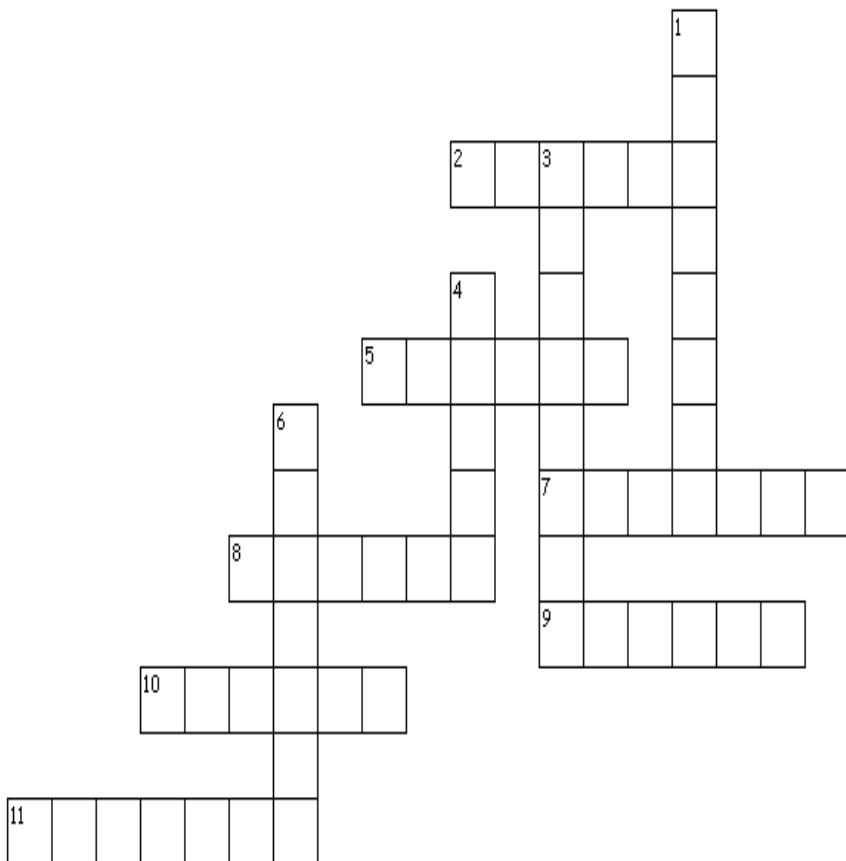
1. I walked down _____ the river.
2. I love the _____ of the roses.
3. Will you _____ me for a coffee?
4. The opposite to left is _____.
5. Will you _____ me a drink in the shop?
6. Come over _____.
7. I spent the _____ day cleaning.
8. I _____ I heard someone outside.
9. Mary has cut her _____ short.
10. There is a big _____ in my sock.
11. My mother _____ me to drive.
12. 1c (coin) written in words is _____.
13. Good _____ and farewell.
14. My legs feel _____ after running.
15. I went to New York on a _____
16. The robber tried to _____ my bag.

If you need help with reading, writing, numbers or technology
 freephone NALA on **1800 20 20 65**
 Or text the word **Learn to 50050**

Words ending in ther

other	brother	father	lather	together	weather
another	mother	gather	either	altogether	feather
bother	smother	rather	neither	leather	heather

Crossword All the answers are words from the list



Across

- 2. To collect in a group (6)
- 5. You get this by mixing soap and water (6)
- 7. A purple flower found in mountains (7)
- 8. That's no _____ at all (6)
- 9. Another word for prefer (6)
- 10. I don't like _____ of these (6)
- 11. Shoes are made of this (7)

Down

- 1. Check the weather _____ (7)
- 3. We are all in this _____ (8)
- 4. Pick one or the _____ (5)
- 6. If you can't get air you will _____ (7)

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Make as many words as you can using the letters in the square.

The letter in the middle box (a) must be in each word

s	k	r
t	a	n
m	e	p

Example: past tap _____

The answers here are all numbers

- 1 Number of eggs in 2 dozen _____
- 2 Number of days in a Leap Year _____
- 3. Number of days in September _____
- 4. Number of counties in Ireland _____
- 5. How many minutes in 4 hours _____
- 6 How many seconds in 5 minutes _____
- 7 Number of colours in the rainbow _____
- 8. The Olympic Games are held every _____ years