**Explaining the language of the pandemic**

Since the beginning of the global pandemic, we have all become more familiar with words and terminology which we had previously never heard. Some of the language and terminology which is being used may be confusing and cause difficulties with understanding the situation for some children and young people with communication and interaction difficulties. Below is a list of some of the terminology which you might need to explain to avoid confusion and misinterpretation of the situation they find themselves in.

**Bubble** – A bubble is people who are in a specific group together. A family support bubble is when one person who lives by themselves joins with one other family so they have people to look after them. Everyone who is part of this bubble can interact with each other as normal. There are also **bubbles** in schools. These are groups of pupils/students in the same class or year group, who have designated areas where they have lessons and social times away from other classes or year groups. These have been set up in order to keep contact between students and pupils to a minimum.

**Covid-19/Coronavirus** – Covid-19 is generally the name given for the illness which is caused by the Coronavirus but most of the time both are used for talking about the same thing.

**Covid-19 Test** – This is a special test that can be used to find out if you have Covid-19. The test is mostly done in special test centres by trained people but sometimes you can get a test kit sent to your house. The test is carried out by putting a special stick up your nose and the back of your throat to take a swab which is sent to a special laboratory to be checked for the Coronavirus. If there are traces of the virus that would be called a positive test and mean that person has Covid-19 and would need to quarantine.

**Face coverings/masks** – This is something that everybody over the age of 11 must wear in most indoor public spaces. There are some people who do not need to wear a face covering due to a medical condition. A face covering is something that covers the nose and mouth and is worn to protect other people.

**Pandemic** – An infectious disease that spreads across a very large area. The Coronavirus pandemic is a disease that has spread across the World.

**PPE** – Personal Protective Equipment. This is equipment that is worn by people in specific setting where the risk from the virus is greater than normal. It is worn to protect themselves from the risks.

**Quarantine** – This is when somebody who might have been exposed to the virus is kept away from other people to avoid the possible spread of the virus.

**Shielding** – This is when people who are at a higher risk of getting very ill from the virus stay at home and do not mix with other people as much as they possibly can.

**Social distancing** –In the UK, this means we have to keep a distance of 2 meters from people who we don’t live with or who are not in our support bubble. If you can’t keep 2 meters apart then extra precautions need to be put in place such as wearing face coverings or extra ventilation.

**Self-isolation** – This is when you do not leave the house because you have symptoms or have had a positive test for coronavirus. When you are self-isolating you should try not to have contact with anyone even people in your own household to keep them safe.