

Link to the video:

<https://www.bbc.com/news/av/health-51966112/coronavirus-what-is-social-distancing>

Transcript:

What is social distancing?

Governments around the world are **advising** people to socially distance themselves in order to reduce pressures on health services and stop the **spread** of coronavirus (Covid-19).

Politicians, scientists and even celebrities all want us to **practise** social distancing.

It means no coming into contact with people **unless** you need to. So no more visitors to your house, visiting other people's houses, going to restaurants, parties, pubs, clubs, sporting events... you get the idea.

If you can work from home the government says you should and your employer should help you do this.

If you absolutely can't work from home, then **avoid busy travel times**.

You can go out for a walk and buy **essentials** but you need to stay **at least** 2 metres from everyone else.

Imagine you're holding a big **broom**. You'll be the correct distance away if you can't touch anyone with it.

Now the people who need to practise social distancing the most are the over 70s, anyone with an **underlying** health condition and pregnant women. But really everyone should do it to stop the virus from spreading and reduce the pressure on health services. Because if you limit the contact you have with others, you are reducing your chances of catching the virus and passing it to someone else.

VOCABULARY

Advise /əd'vAIZ/ = recommend, offer suggestions about the best course of action: *I advised him to go home*

Advice /əd'vAIS/ **U** = guidance or recommendations offered with regard to prudent future action.

my advice is to see your doctor

Spread /sprɛd/ = extend over a large or increasing area.

Practise /'praktis/ **verb** = perform (an activity) or exercise (a skill) repeatedly or regularly in order to acquire, improve or maintain proficiency in it. *I need to practise my French*

Practice /'praktis/ **noun** = the application or use of an idea, belief, or method, as opposed to

Unless /ʌn'les/ = except if: *she won't go unless you go*

Avoid /ə'vɔɪd/ = keep away from or stop oneself from doing (something): *avoid excessive exposure to the sun* – avoid + **-ing**

Busy travel times = rush hours – peak time – peak hour

Essential /ɪ'senʃ(ə)l/ = (essentials) a thing that is absolutely necessary

At least = not less than; at the minimum.

Broom /bru:m/ = a long-handled brush of bristles or twigs, used for sweeping. A mop

Underlying /ʌndə'laɪɪŋ/ = Lying under or beneath something. Present but not readily noticeable - (Lie – lay – lain)

EXPRESSIONS WITH THE WORD “TOUCH”

Finishing touch = final details that complete one's work.

Get in touch = Make contact, establish communication with someone.

Keep/stay in touch = Continue to have contact with someone (even if you don't see them often).

Lose touch = cease to be in communication.

Lose one's touch = Lose the ability or talent you once had.

Magic touch = Have a special ability to do something very well.

Out of touch = Have not kept in contact or are unaware of recent events.

Touch base = briefly make or renew contact with someone or something

Touch-and-go = having an uncertain, and possibly bad result, a precarious situation, risky

Touch wood! = said in order to avoid bad luck

Touch/hit a (raw) nerve = upset someone, provoke a reaction by referring to a sensitive topic.

Touchy-feely = openly expressing affection or other emotions. Kind and loving, especially by touching and holding people more than is usual, often in a way that makes them uncomfortable: *a touchy-feely approach*

Touchy /'tʌtʃi/ = easily upset or offended; oversensitive: *she's a little touchy about her age*

Touched (tʌtʃt) = 1. grateful or pleased by what someone has done or said - 2. Slightly crazy: touched in the head

IDIOMS ABOUT FRIENDSHIP

A shoulder to cry on = someone who listens sympathetically

Be as thick as thieves = to be very close or friendly

Be on the same page/wavelength = to be in agreement

Close-knit = very close, bound together by strong relationships and common interests: *a close-knit community*

Get on famously = have an exceptionally good relationship

Get on like a house on fire = immediately start a good relationship with someone

Get on swimmingly = everything is happening in a satisfactory way, without any problems

Hit it off = to find yourself immediately and naturally friendly with someone

Keep someone posted = keep someone informed of the latest developments or news.

Know someone inside out = to know someone very well

Move in the same circles = socialise with the same people all of whom have a similar background or lifestyle

Read someone like a book = understand someone's thoughts and motives easily.

Rub shoulders with someone = have an opportunity to meet and talk to someone (usually someone wealthy or famous)

See eye to eye with someone = be in full agreement

Speak the same language = understand someone as a result your shared values or opinions

Stormy relationship = have a lot of arguments and disagreements.

Through thick and thin = through all circumstances no matter how difficult

Two's company, three's a crowd = two people, especially lovers, should be left alone together

Speed networking (or speed business meeting) = a meeting format designed to accelerate business contacts.

Participants greet each other in a series of brief exchanges during a set period of time.

Smart Working = the term used to refer to the new ways of working made possible by advances in technology and made essential by economic, environmental and social pressures

Homeworking = doing your job from home, working from home - the use of information technology to enable people to work away from the office

PHRASAL VERBS ABOUT SOCIALISING

Ask (Someone) over = invite a person to your house or apartment:

Ask (Someone) out = you invite a person to go out for a romantic encounter:

Bump into someone = meet someone unexpectedly

Catching up = chat with an old friend who you have not been in contact with for a while.

Come over = visit someone's home: *Ron came over for dinner the other night.*

Have (Someone) over/round for something = having people visit your house/apartment; when people come to your house for a meal, drink etc because you have invited them

Pop in / Stop by = visit briefly, call briefly and informally as a visitor: *Pop in for tea later!*

Drop in/drop by = visit unexpectedly:

Drop (Someone) off at a place = somebody in your car and then leave them in another place

Pick (Someone) up from a place = the opposite of *drop off*: go somewhere to collect someone, typically in one's car.

Meet up with (Someone) = get together at a particular time and place, meet another person to do something together

Get together = gather or assemble socially or to cooperate.

Hang out with (friends) = spend a lot of time in a place or with someone