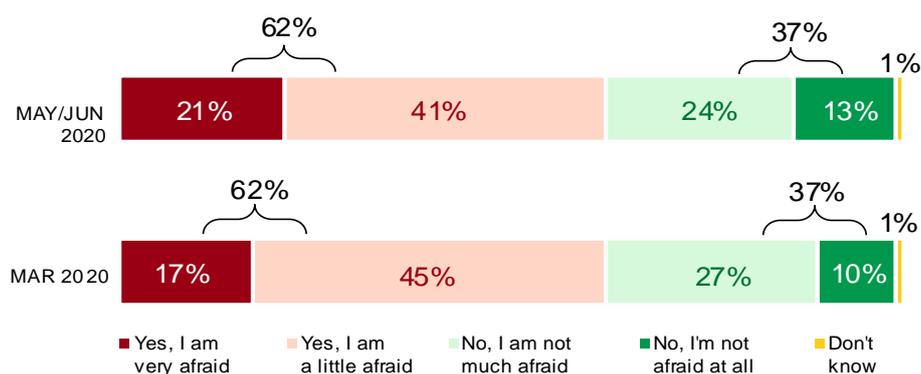


## Attitudes towards the coronavirus epidemic

Poles have gradually got used to the epidemic. The vast majority of respondents are afraid of getting Covid-19, but the level of anxiety is similar to mid-March, at the very beginning of the crisis. Currently, like then, a total of 62% of adult Poles are afraid of coronavirus infection, and 37% are not afraid. The youngest respondents up to 34 years old (44%) have the lowest level of concern. In the next age group (35-44 years) the proportion of people declaring fear of infection exceeds half (57%) and then with each subsequent age group anxiety rises. People from the age group in which the course of the disease is sometimes the most severe, i.e. above 65 years of age are afraid the most (78%). Women are more likely to be afraid (68%) than men (56%).

### Are you personally afraid of coronavirus infection?

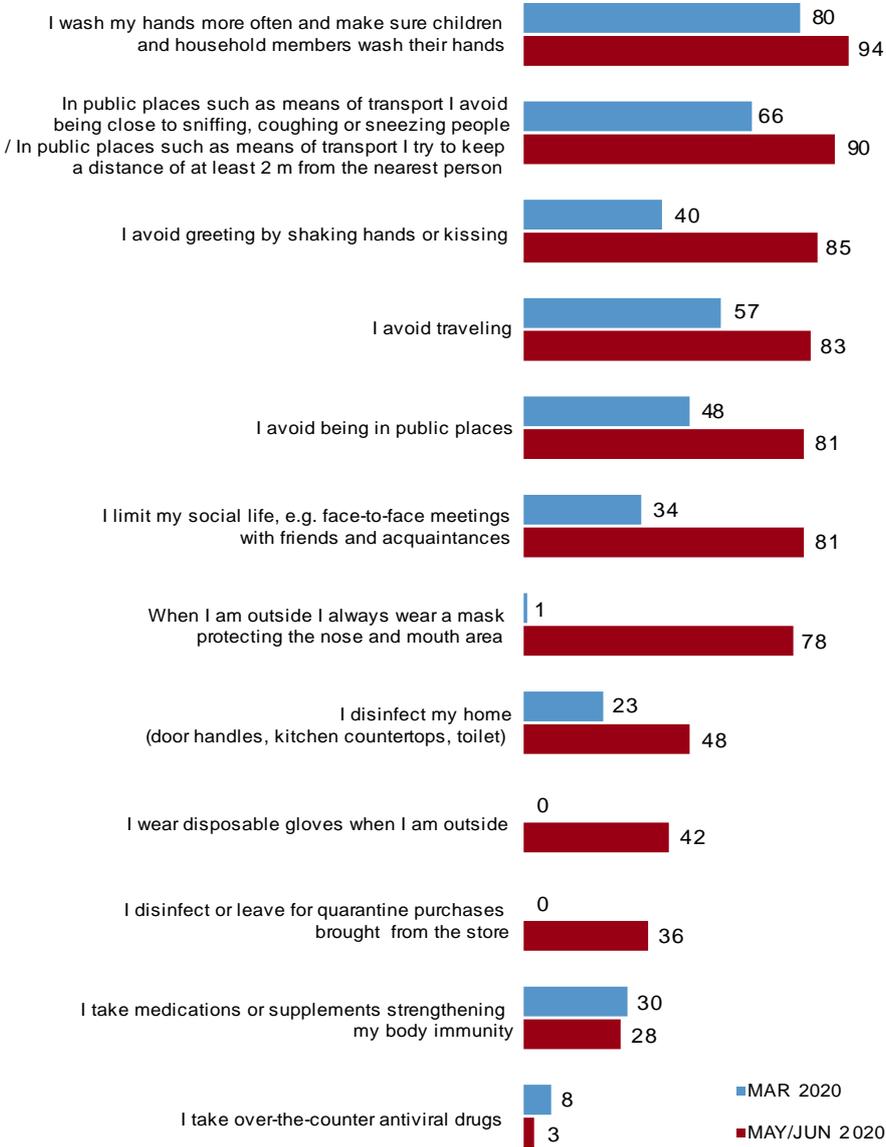


As in the first phase of the epidemic, the most frequently performed activity to protect against the possibility of infection is careful washing of hands, as well as ensuring that household members wash their hands regularly. At the beginning of the epidemic, four fifths of respondents (80%) declared that, and now 94% do it. In the first period of the epidemic threat, two-thirds of respondents (66%) followed the principle of maintaining distance and moving away from people showing noticeable features of infection. At the turn of May and June, compliance with the rule of keeping two meters distance from other, unknown people was almost universally declared (90%). The dissemination of information on the most common ways of contracting coronavirus probably influenced the greeting customs: currently the vast majority of respondents (85%) greet others without direct contact, i.e. without shaking hands. At the beginning of the epidemic, half as many people (40%) did so. In mid-March, more than half (57%) declared that they avoided traveling at all. Currently, travel associated with the need to contact strangers is avoided by more than four fifths of respondents (83%). In March, 48% tried not to be in public places at all, where they are often exposed to direct contact with unknown people. Currently, more than four fifths of respondents (81%) avoid public places. At the turn of May and June the same percentage of Poles (81%) modified their social life to a high degree and did not meet their friends or acquaintances directly, while in the first days of the epidemic only one third of respondents (34%) tried this way to reduce socialisation. The most common change in everyday life is the use of respiratory masks. Currently, over three quarters of respondents (78%) use face masks when going outside. In March, only 1% of respondents wore a mask. Men (28%) avoid masks more often than women (17%); young and middle-aged people fail to wear them more than others (about 30% to 32% of people up to 44 years fail to wear a mask). Older people (over 55 years) use them almost universally. According to declarations, two-fifths of Poles (42%) put on disposable gloves when going outside. In March, in the face of the epidemic threat, less than a quarter (23%) reported enhanced care for hygiene in their home (sanitizing door handles, kitchen countertops, toilets). At present, almost half do (48%). More than a third of respondents (36%) carefully disinfect purchases brought from the store or leave them for so-called quarantine, during which any pathogens should die off. Poles relatively have rarely tried to protect themselves by taking prophylactic drugs or dietary

supplements strengthening immunity (30% in March and 28% now). Taking over-the-counter antiviral drugs is rare (8% in March and 3% at present).

**Do you use the following preventive measures?**

*Percentage of affirmative answers*



More information about this topic can be found in CBOS report in Polish: "Attitudes toward Coronavirus Epidemic at the Turn of May and June", June 2020. Fieldwork for national sample: May/June 2020, N=1308. The random sample is representative for adult population of Poland.