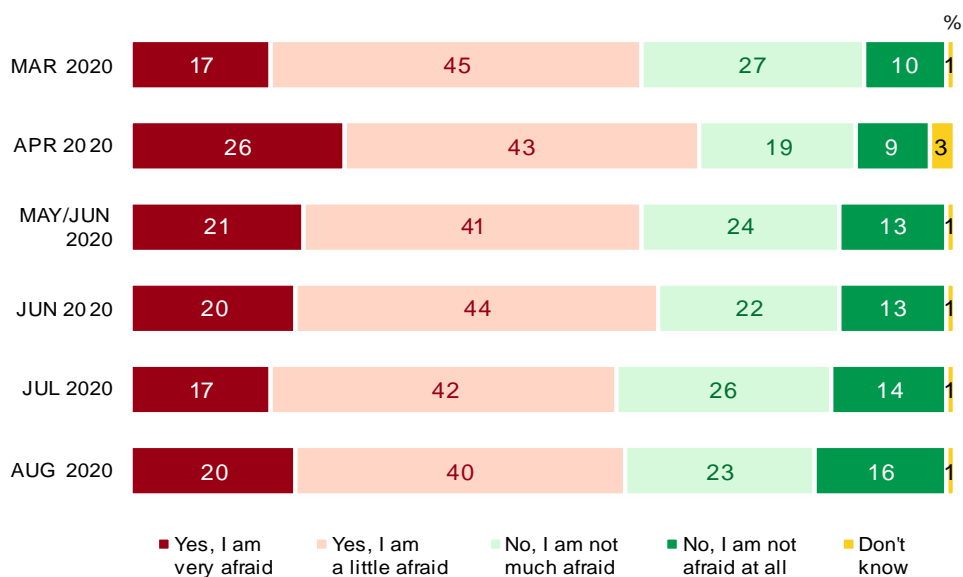


Attitude towards the epidemic

The level of anxiety related to coronavirus infection among Poles is fairly stable, and the fear of the disease in subsequent measurements changes only to a small extent. In March, when the first case of coronavirus infection was recorded in Poland, a total of 62% of adult Poles expressed their fears in this respect, and currently 60% do.

Are you personally afraid of contracting the coronavirus?



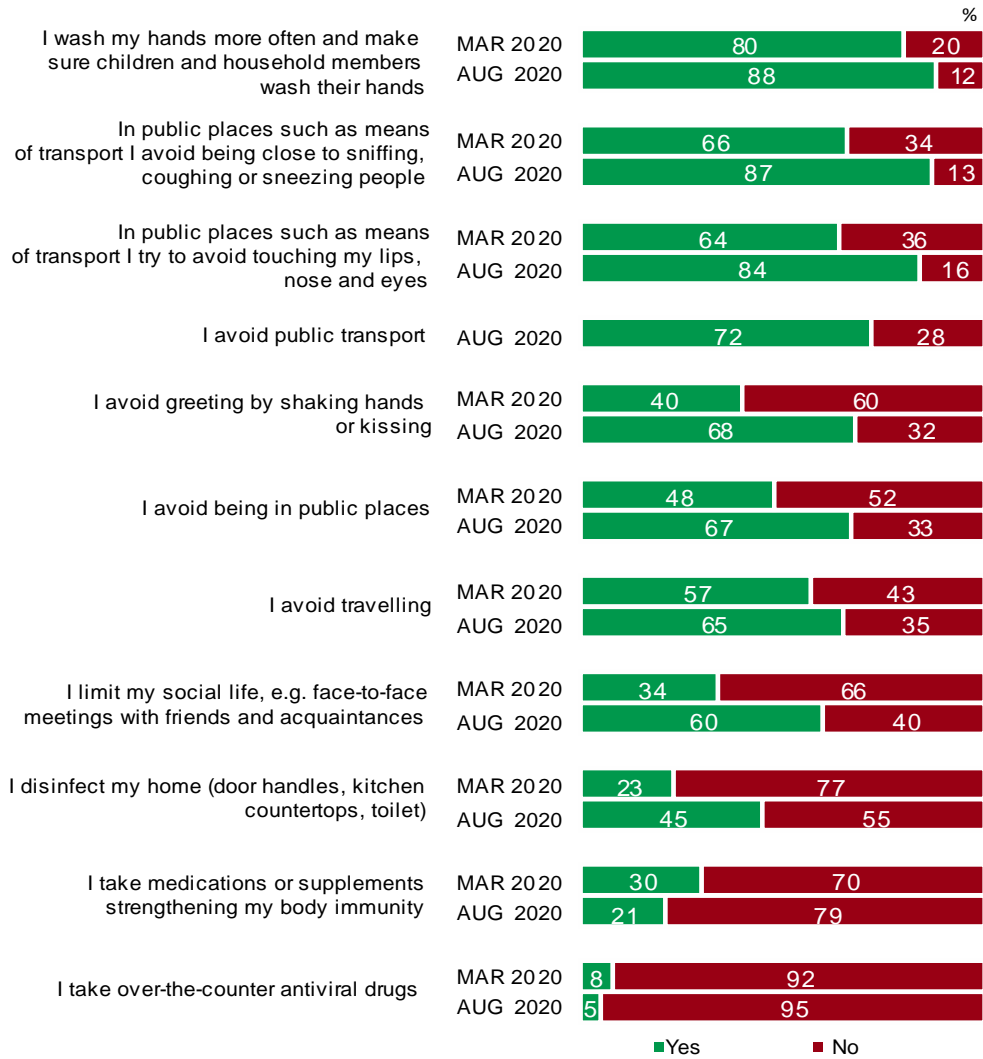
Age is the factor that differentiates the fear of COVID-19 to the greatest extent. The lowest level of concern is characteristic of the youngest respondents, up to 34 years of age (44% in August). People from the age group in which the course of the disease is the most severe, i.e. the oldest over 65, fear infection the most (81%).

The coronavirus outbreak has modified everyday social behaviour. Compared to the beginning of the coronavirus epidemic in Poland, the social sphere related to direct contacts with other people has changed the most. In March, only two fifths of the respondents (40%) declared that they did not greet others by shaking hands or kissing. Currently, more than two thirds of Poles avoid doing it (68%). We also observe other changes in social habits. Compared to March, the percentage of people limiting social contacts (personal meetings with friends or acquaintances) has increased significantly. Currently, three-fifths of respondents (60%) consciously limit their social life, while in March such declarations were made by only one-third (34%).

Poles care more about hygiene in their home or apartment, disinfecting door handles, kitchen worktops and toilets more often than in March (45%, an increase of 22 percentage points). To a greater extent, they try to consciously control their surroundings and their behaviour during stays in public places. In transport and other places where many people are present, they avoid being near people with visible signs of infection, such as runny nose, coughing or sneezing (87%, an increase of 21 points). They try not to touch their mouth, nose and eyes with their hands (84%, an increase of 20 points). Many people physically limit their activity and have closed themselves in the sphere of privacy, avoiding as much as possible public places (67%, an increase of 19 points). The number of people limiting travel has increased less; the increase is also small in case of the already high percentage of people declaring frequent and careful washing of their hands (65% and 88% respectively, in both cases an increase of 8 percentage points).

On the other hand, the percentage of people taking drugs or diet supplements to strengthen their immunity decreased slightly compared to March (drop by 9 points), and fewer respondents use over-the-counter antiviral drugs (drop by 3 points).

Do you use the following preventive measures:



More information about this topic can be found in CBOS report in Polish: “Changes in Preventive Behaviours during the Epidemic”, September 2020. Fieldwork for national sample: August 2020, N=1149. The random sample is representative for adult population of Poland.