

How are we doing in Wales?

Public Engagement Survey on Health and
Wellbeing during Coronavirus Measures

Week 25 (21st to 27th September 2020)

Public Health Wales are conducting a public engagement telephone survey to ask members of the public in Wales how coronavirus and related control measures are affecting their health and wellbeing.

The first wave of the survey ran from April 2020 to July 2020. The second wave started in September 2020 and is surveying **600 randomly selected individuals** every other week. The information collected from participants provides the basis of the results presented in these **bi-weekly reports**.

Survey data are adjusted to represent the Welsh population by age, sex and deprivation. In each survey week, some questions are added and others removed, depending on emerging issues at that time.

This week's report contains routine measures seen in previous reports and several new questions, including on coronavirus testing, symptoms and perceptions of the number of people infected.

We thank the people of Wales for giving us their valuable time to support this work.



Key findings from this week

601 Welsh residents aged 18 years and over were interviewed in week 25 of the survey (21st to 27th September).

64%*

of people said they wear face coverings 'most of the time' when they go out; up from 33% in week 23 (7th-13th September).

96%*

of people say they 'always' wear face coverings in shops in Wales; up from 47% in week 23.

39%

of people say their main reason for wearing a face covering is to protect others; 33% for self-protection; and 28% because it is a requirement to do so.

13%

of people said they or someone else in their household had attempted to get a coronavirus test in the two weeks prior to the survey.[#]

32%

of people considered a sore throat to be a symptom indicative of a need for a coronavirus test.

21%

of people have been worrying 'a lot' about their mental health and well-being.

62%

of people say most or all of the people they know are following social distancing guidelines.

17%

of people consider reducing climate change to be a bigger priority than reducing the spread of coronavirus; 83% consider coronavirus the bigger priority.

*Face coverings became mandatory in indoor public places in Wales on **14th September** in the week between surveys; [#]this time period coincides with the re-opening of schools.

Do you think you have or have had coronavirus?

Yes	13%
Don't know	7%

Have you been tested for coronavirus or had an antibodies test?

Had a coronavirus test	19%
Had an antibodies test	5%

How worried are you that you could get coronavirus?

Includes all respondents

Not at all	23%
A little	26%
Moderately	33%
Very	18%

In the last two weeks, have you or anyone else in your household attempted to get a coronavirus test?

Yes

13%

You should ask for a coronavirus test if you have which of the following symptoms?

32% identified just these three symptoms

Headache

14%

High temperature

77%

Sore throat

32%

Persistent cough

82%

Sneezing and runny nose

12%

Vomiting

12%

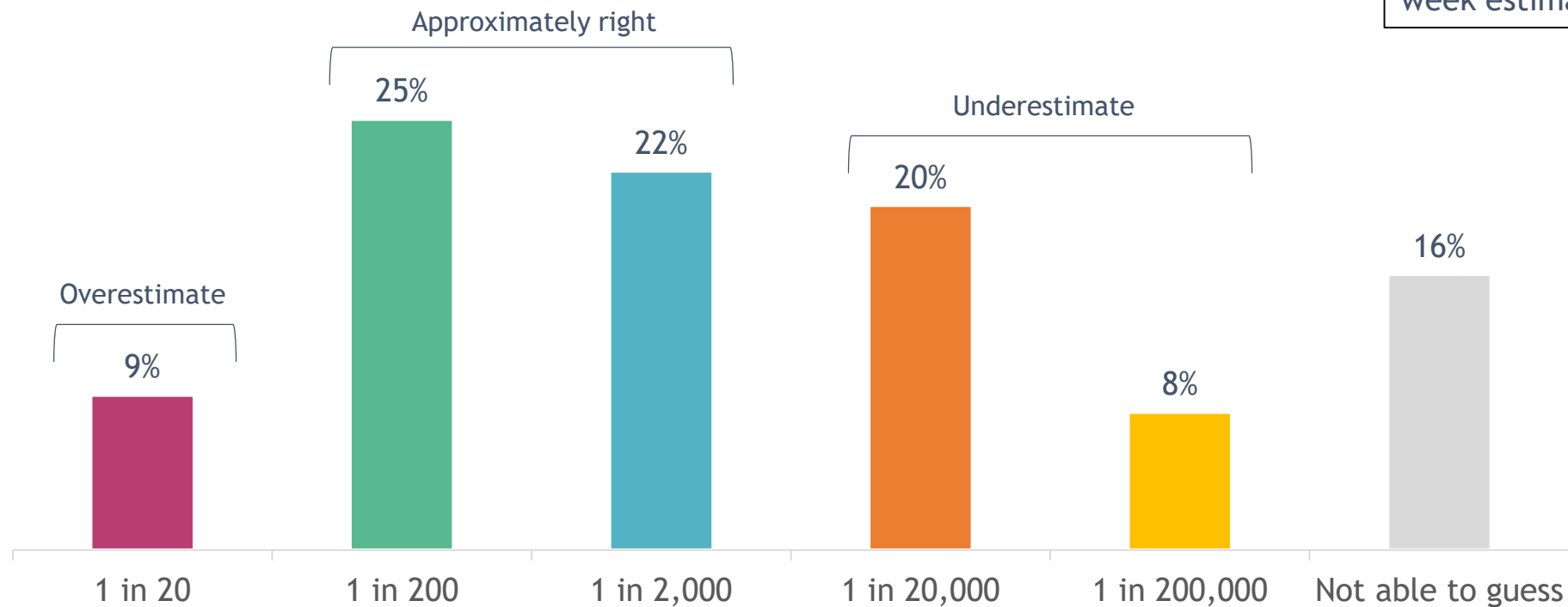
Loss of taste and smell

83%

Diarrhoea

16%

Currently, about how many people in Wales do you think are infected with coronavirus?



The ONS COVID-19 Infection Survey pilot estimated that in the week 13th-19th September, **1 in 300 people** in Wales had coronavirus. Initial findings for the previous week estimated the rate as **1 in 2000**.¹

¹<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/bulletins/coronaviruscovid19infectionsurveysurvey/pilot/previousReleases>

How well are we handling coronavirus?

Do you think the restrictions in place to manage coronavirus are...

Too little 33%



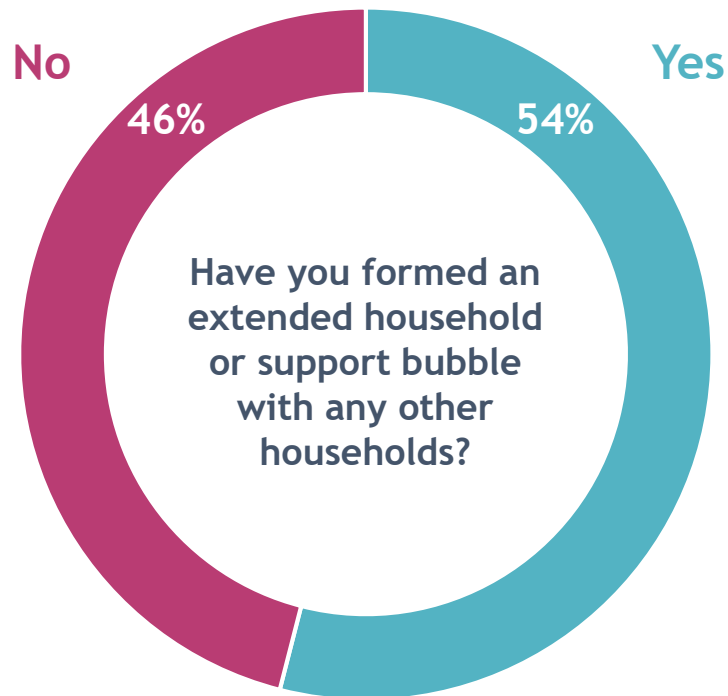
About right 61%



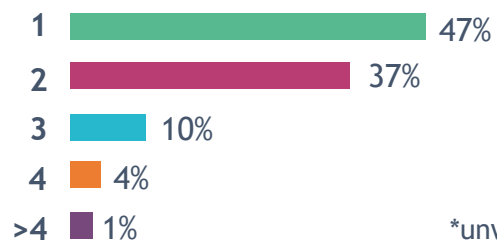
Too much 6%



	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I think that Welsh government is responding to the problems caused by coronavirus well	14%	50%	15%	16%	6%
I am confident that the NHS would be able to adequately care for me if I became seriously ill with coronavirus	26%	54%	10%	8%	2%
I trust the police to use their powers to restrict people's movement sensibly	16%	49%	9%	17%	8%

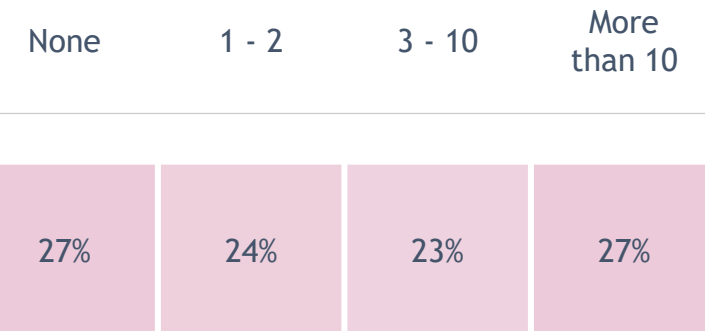


If yes, how many other households does this include?*

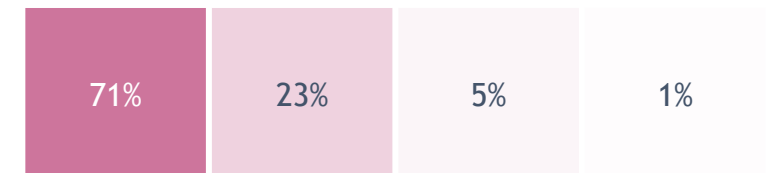


*unweighted data

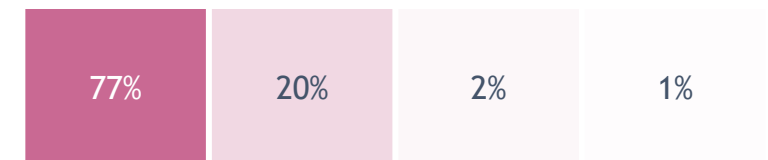
In the last 7 days, how many people from outside your household or your extended household have you come into close contact with, meaning within 1 metre?

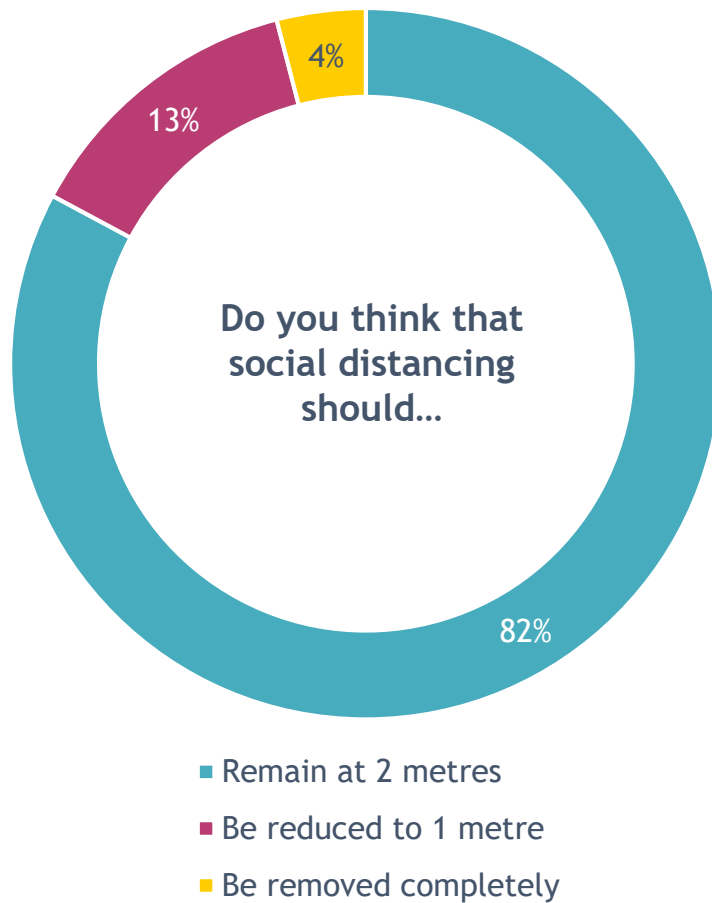


In the last 7 days, how many people have come into your house other than the people you usually live with or members of your extended household?

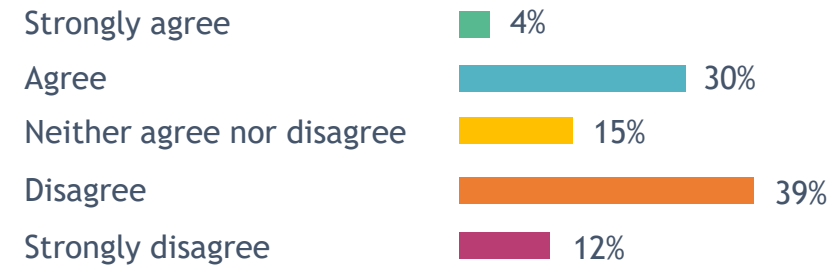


In the last 7 days, how many other people's houses have you been into, excluding those of your extended household?

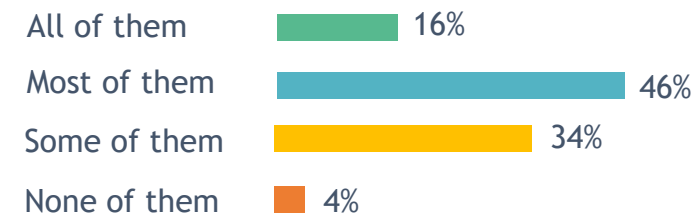




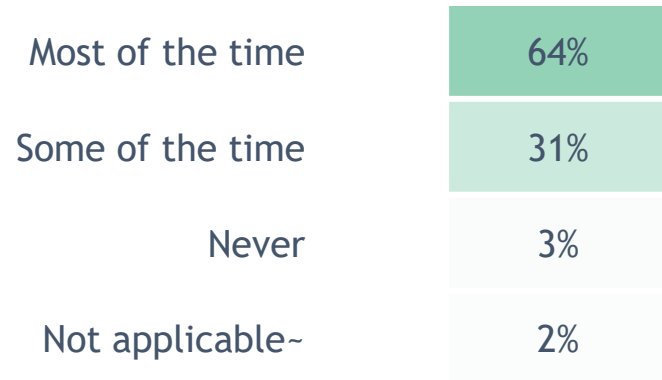
I think most people are following social distancing guidelines



Thinking of the people you know personally, would you say that social distancing guidelines are being followed by...

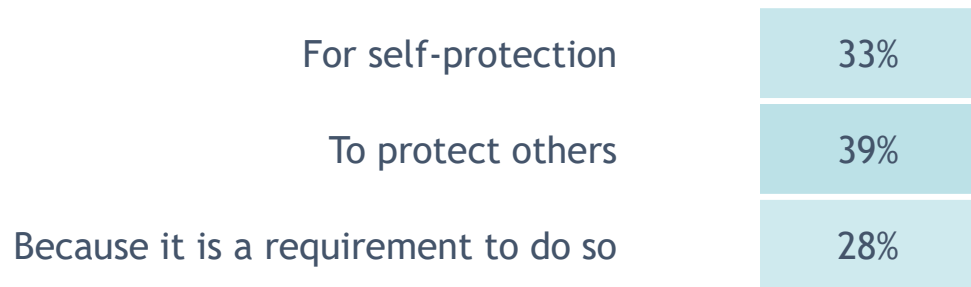


Currently, when you go out, do you wear a face covering...



~do not go out/exempt

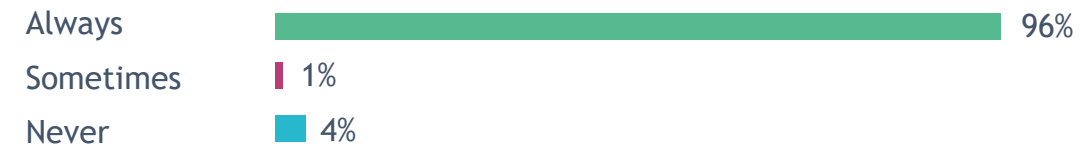
What is your main reason for wearing a face covering?#



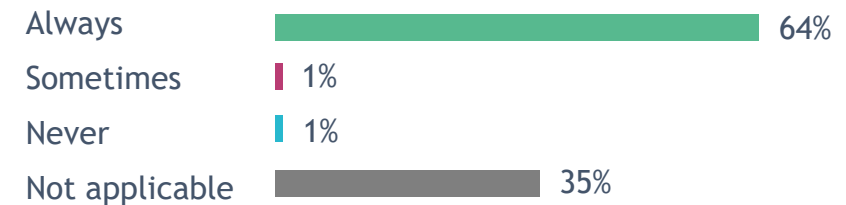
#Excludes those responding not applicable; unweighted data

In the following circumstances, would you always, sometimes or never use a face covering?

When in a shop or supermarket in Wales



When using public transport



When outside in a public place



If a vaccine became available that protected against coronavirus infection...

Would you personally want to be vaccinated?

Yes 73%



No 15%



Unsure 12%



For those with children in the household:*

Would you want your children to be vaccinated?

Yes 62%



No 18%



Unsure 20%



*Limited to those with children living in the household; excluding those responding 'not applicable'; unweighted data.

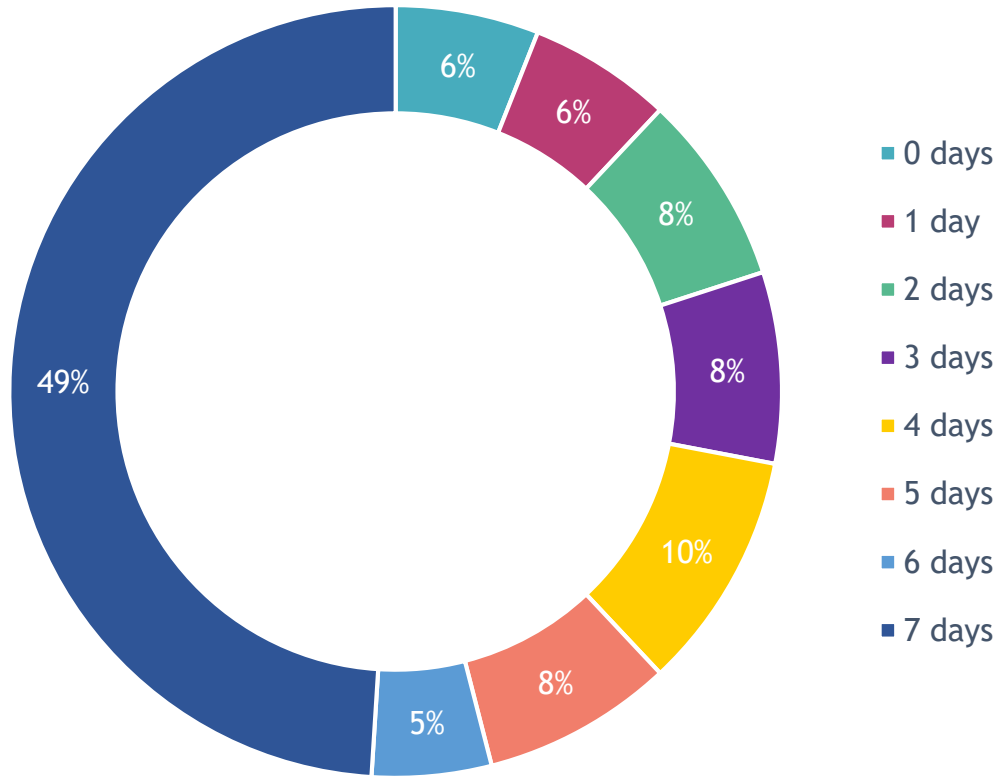


Which of the following do you find acceptable?

	Yes	No	Unsure
People that deliberately disobey social distancing measures being fined	88%	9%	3%
Infection levels going up a little as a result of some restrictions being removed	59%	31%	10%
People being made to wear face coverings in public places such as shops	92%	6%	1%
Local lockdowns being imposed to control the spread of coronavirus in areas with increasing cases	91%	5%	4%
Quarantines being imposed on people returning from countries with high levels of coronavirus	94%	5%	1%

How are we behaving?

In the past 7 days, on how many days have you left your home or garden?



In the past 7 days, on how many days have you left your home...

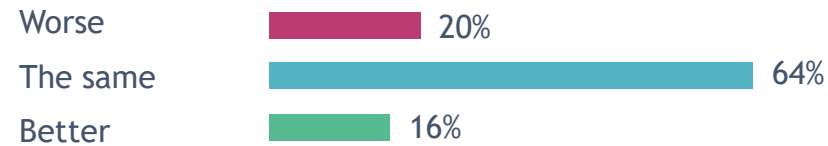
	0 days	1-2 days	3-4 days	5+ days
...to work	58%	6%	11%	25%
...to shop	23%	56%	12%	10%
...for medical reasons	76%	23%	<1%	<1%
...to exercise	42%	16%	13%	30%
...to meet family/friends	54%	34%	9%	4%
...to eat at a café, pub or restaurant	76%	20%	3%	1%
...for a drink in a pub or bar	88%	9%	2%	<1%

What are we worried about?

Over the past week, how much have the following been worrying you?

	Not at all	A little	A lot
Becoming seriously ill with coronavirus	35%	39%	26%
Losing someone you love to the virus	24%	26%	51%
The wellbeing of your children*#~	19%	26%	55%
Your children's education*#~	24%	28%	49%
Losing your job or not being able to find one#~	54%	22%	24%
Work, even if your job is secure#~	47%	28%	25%
Your finances	57%	24%	19%
Going out in public places#	39%	39%	22%

As a result of coronavirus restrictions, would you say your current financial situation is?

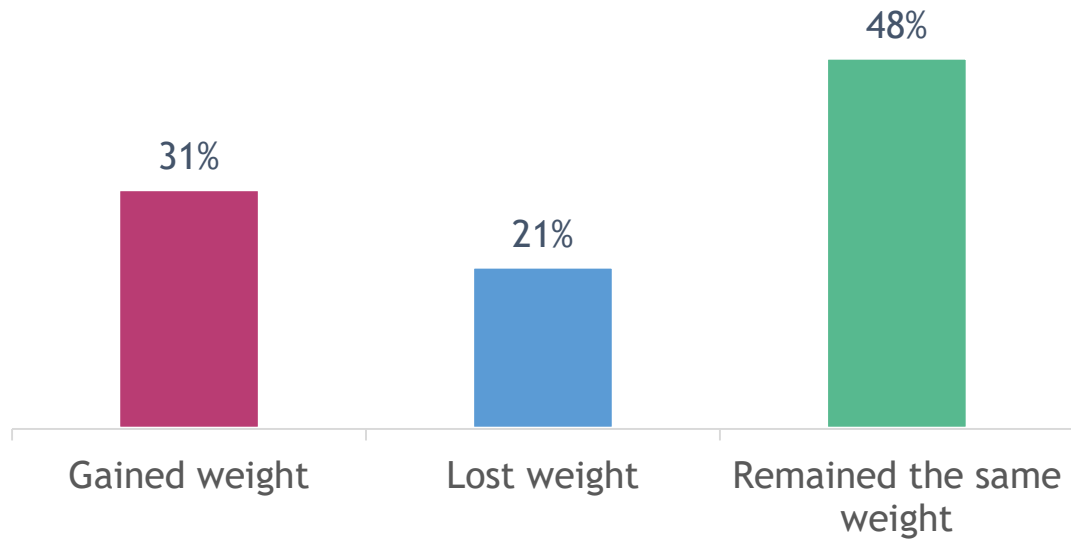


Since lockdown started, would you say your relationships with the following have got better, worse or stayed the same?

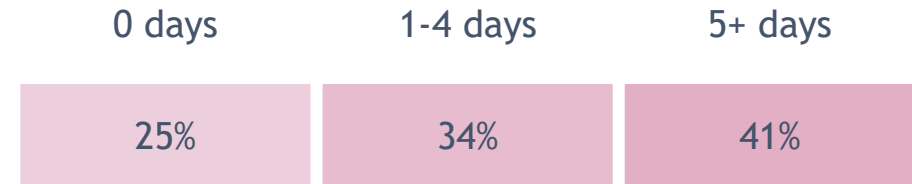
	Better	Worse	Same
Other adults you live with*	22%	8%	70%
Children you live with*	32%	6%	62%
Other family members*	20%	8%	72%
Friends*	13%	12%	75%
Neighbours*	29%	4%	67%

*Excludes those responding 'not applicable'; Unweighted data

Since lockdown started, would you say you had....

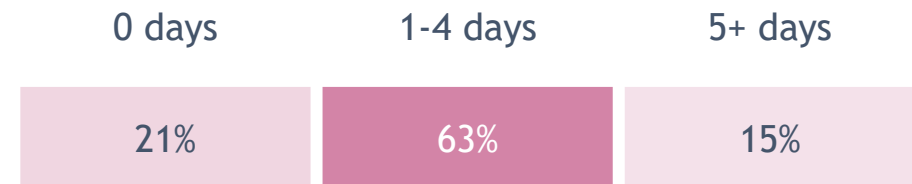


On how many days in the last week did you do at least 30 minutes exercise (enough to make you out of breath)?



Of those who drink (64% of sample)*

On how many days in the last week did you drink alcohol?



*Unweighted data

How are we feeling?

Feeling healthy

How healthy do you feel today?

0 = Very unhealthy; 10 = Very healthy

0-3

7%

4-6

24%

7-10

70%

Feeling happy

How happy do you feel today?

0 = Not at all happy; 10 = Completely happy

0-3

5%

4-6

28%

7-10

67%

Feeling anxious

How anxious do you feel today?

0 = Not at all anxious; 10 = Completely anxious

0-3

46%

4-6

30%

7-10

24%

How are we feeling?

In the last week, how often have you felt...

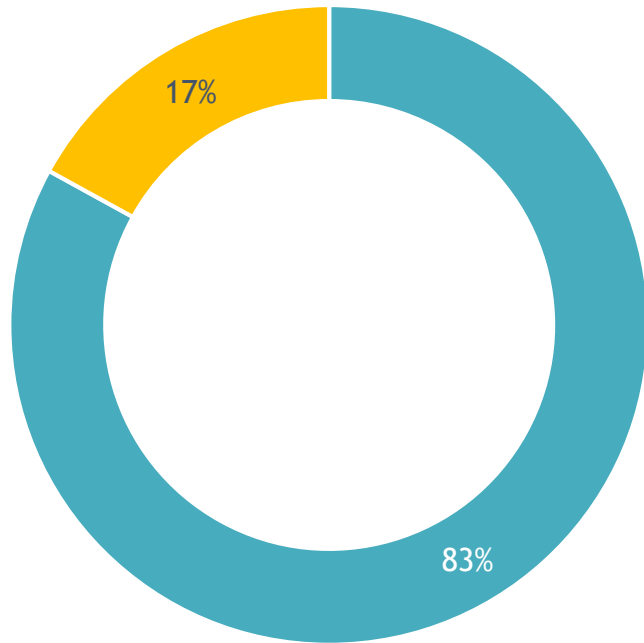
	Lonely	Isolated
Never	69%	61%
Occasionally	20%	26%
Often	8%	8%
Always	3%	5%

Over the past week, how much has the following been worrying you?

Your mental health and wellbeing

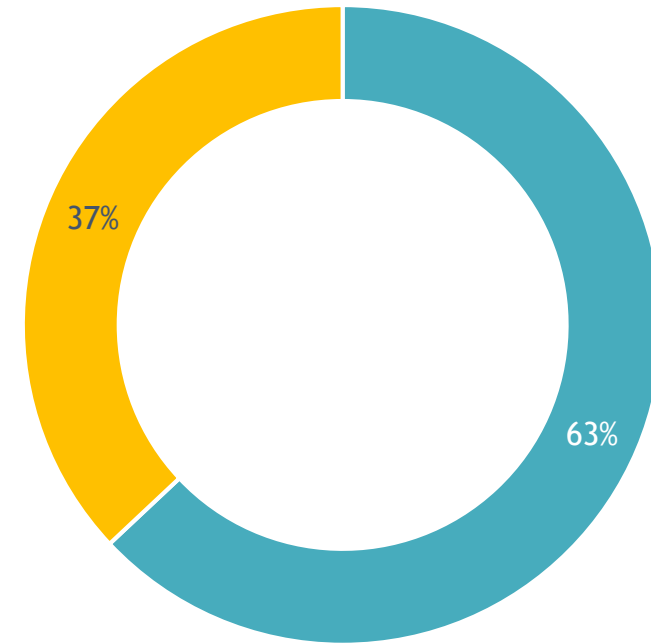
Not at all	52%
A little	27%
A lot	21%

For you personally, which is a bigger priority?



- Reducing the spread of coronavirus
- Reducing climate change

If you were a policymaker and had £100 million to spend across these two priorities, how would you split it?*



*Mean proportion

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Enquiries

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How are you doing?

For general information on how to look after yourself, your friends and family during the coronavirus restrictions visit:
phw.nhs.wales/howareyoudoing

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generalenquiries@wales.nhs.uk

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02920 227744

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