



How Are You Coping with the COVID-19 pandemic?

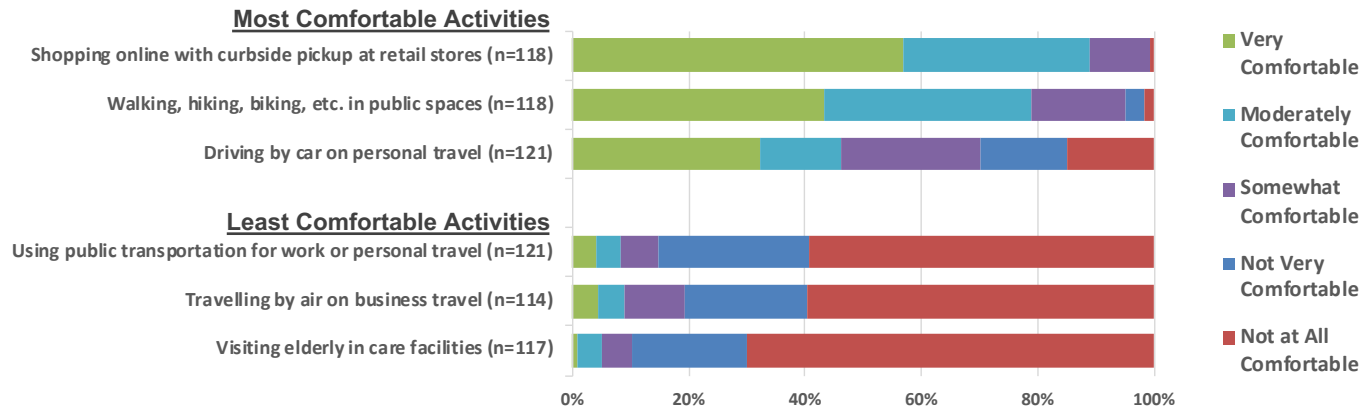
Risk and decision-making: Preparing to navigate the “new normal”

Highlights from Coping Survey #7: May 4 – May 10

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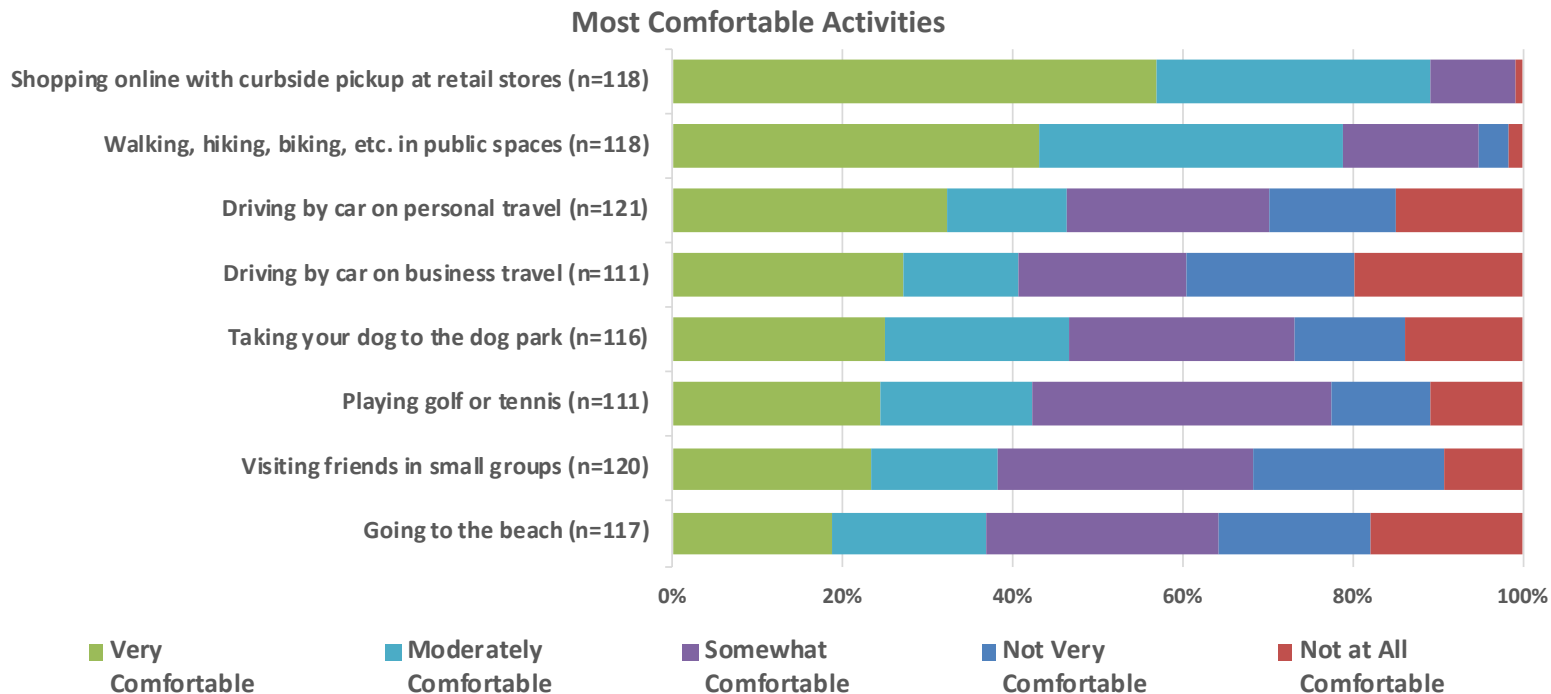
Coping Survey #7 – Top Line

- Highlights from **Survey #7** include new data on how people are making decisions about their level of comfort participating in various activities as restrictions are loosened up.
- **Safety** and **staying healthy** continues to be the top priority. As some restrictions are lifted or loosened up, respondents are carefully weighing the risks, benefits and tradeoffs of what they feel comfortable doing.
- Most are **cautious** and continue to believe current **restrictions are appropriate**.
- Most are **not entirely comfortable** participating in many of the activities that are opening up:
 - While they are comfortable shopping online and doing curbside pickup, or walking, hiking and biking, or driving their own cars...**activities where they have more control**...
 - Most are not comfortable visiting a seniors' residence, taking public transportation, or travelling by air



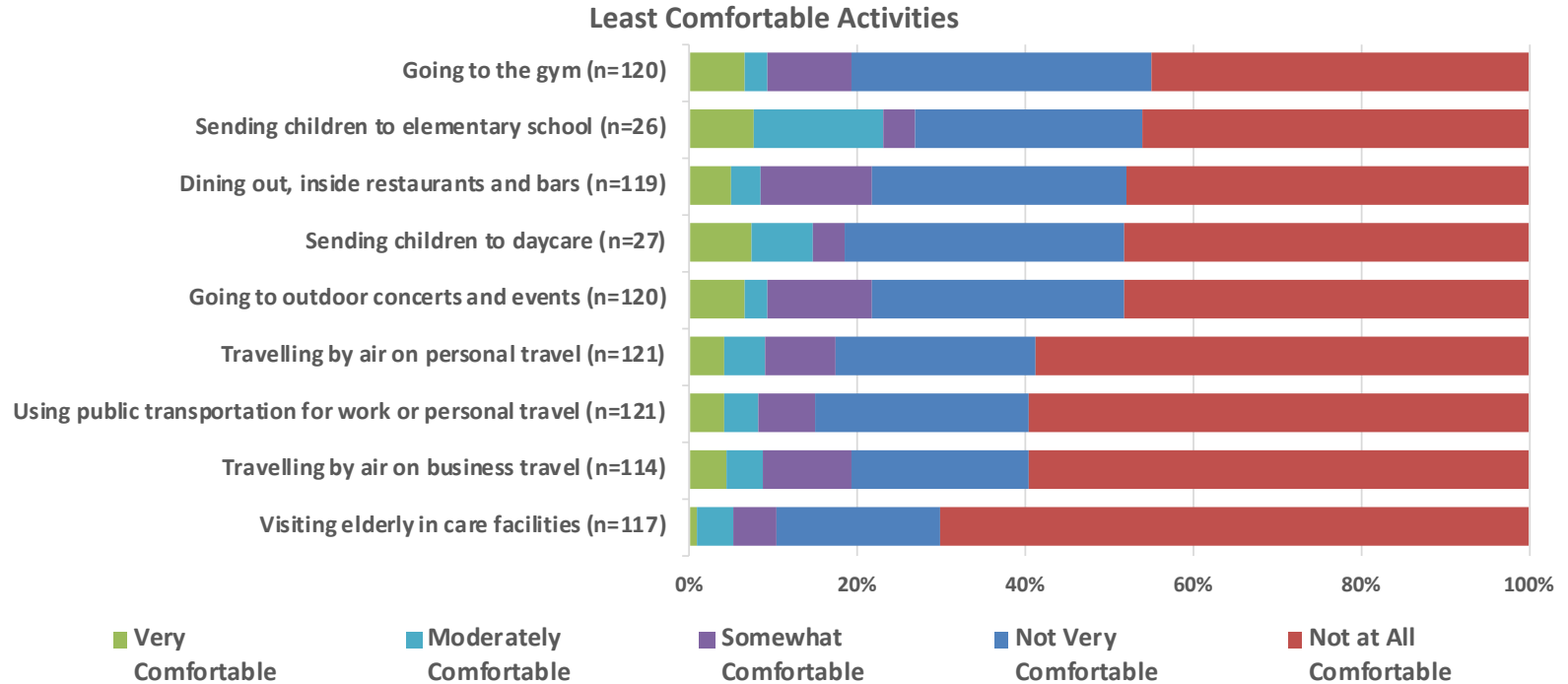
Most Comfortable Activities

Of all the activities we asked about, only shopping online with curbside pickup and walking, hiking, biking in public spaces were rated by more than 40% of respondents as an activity that they were “very comfortable” with. Respondents are most comfortable with activities with fewer people, more freedom of movement and personal control.



Least Comfortable Activities

Respondents are the least comfortable being in places where the most vulnerable could be impacted – senior care facilities and children in school – and the environments where there are more people and less individual control – air travel, events, restaurants and gyms.



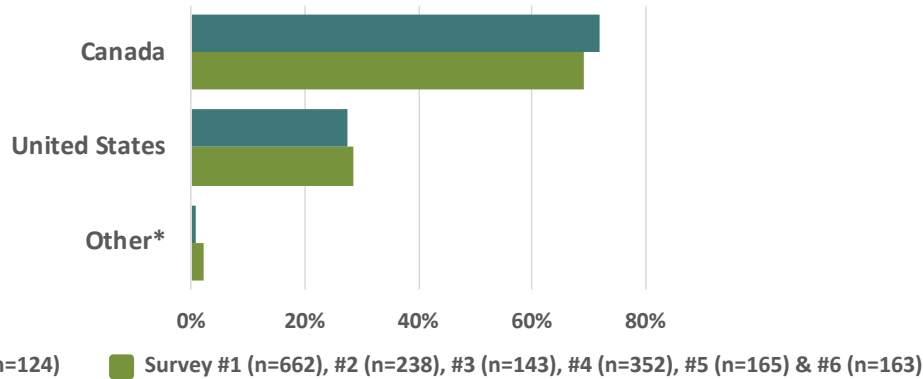
Coping Survey #7 – Top Line

- Respondents report they are **tired** this week. For many, the ongoing uncertainty is **stressful** and **frustrating**.
- **Loosening restrictions** is confusing for some, **adding stress, complexity** and more **uncertainty** to people’s lives. Every jurisdiction has different approaches, different timing and different messages:
 - » *“Ontario is starting slow and gradual, which I believe is the way to go. I do think Quebec, in getting schools and day care up first will enable parents to enter work force more easily, but I worry about transmission.”*
 - » *“Too many different opinions, numbers, the constant barrage of negatives, it is an all-out assault of fear... I just hate all the changes, no masks, stay in, go out, what’s ok and what isn’t, nobody knows, and nobody knows what to do.”*
- Respondents are looking for **guidance and clarity from their public health and government leaders**. Reported trust in Dr. Tam and Dr. Fauci continues to increase among our respondents.
- They are paying close attention to **leaders’ decision making about opening up, and their behaviour**. They want assurances that government and health experts are making **decisions based on best available information – “the virus is still here” – to protect people’s health**:
 - » *“... reports of a second wave coming. I’d rather stay isolated longer to reduce the impact of a possible second wave.”*
- Respondents are most **grateful for family, health friends and work**. Their advice to others this week: **take care of your mental health**.
- **Coping Survey #8** focuses on how people are weighing the risks, benefits and tradeoffs participating in specific activities – including holiday weekend activities – and asks about contact tracing and privacy.
[Everyone is welcome to participate.](#)

Survey Overview

Survey Responses

- » COVID-19 Coping Survey #7 was active from May 4 through May 10, 2020.
- » **124 people responded** in total. Participation was limited to people 18 and over.
- » **85% of respondents had participated in previous surveys.** 15% were new participants this week.



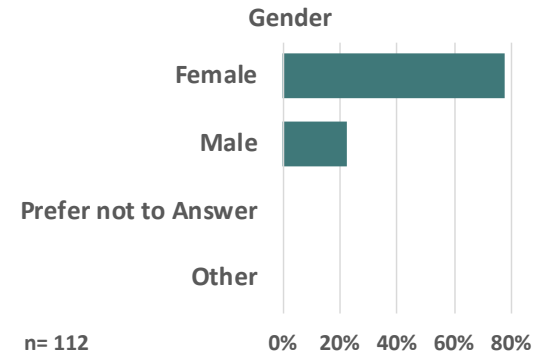
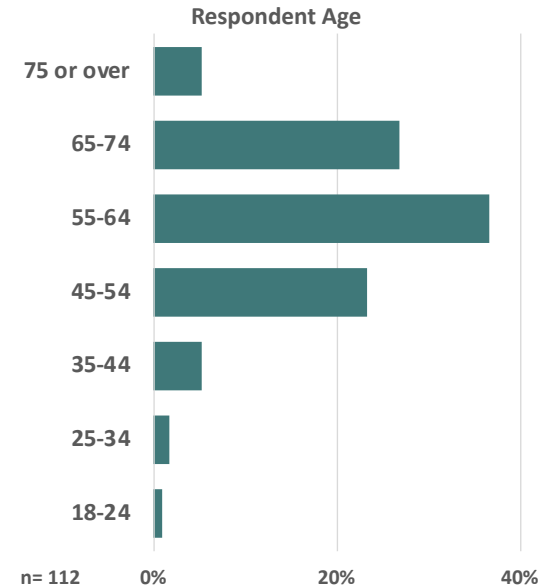
* Other countries represented in Survey #7 include: United Kingdom

The number of people who responded to each question varied and is specified as “n” for each question. When the results are presented as a % of respondents this is the percentage of those responding to that question.

Additional Demographics included at end of presentation

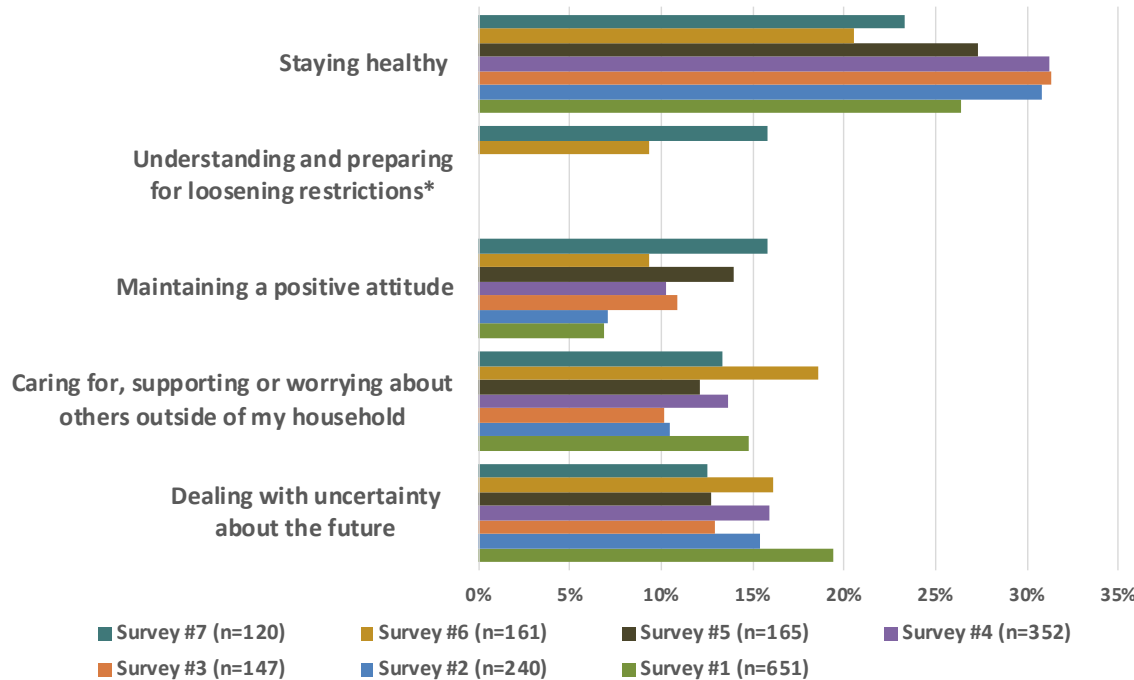
COVID-19 Coping Survey Week #7 Highlights

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What would you say is your greatest concern today?

Respondents' concerns have fluctuated over the past 7 weeks. This week “**staying healthy**” is still the top concern but by a lesser margin. “**Understanding and preparing for loosening restrictions**” and adjusting to the evolving new normal, which we’ve asked about in the past two weeks, is mentioned by some.



Other greatest concerns include:

- Economics and paying the bills
- Staying socially connected
- Government policies and decision making
- The “assault of fear”

* New option in Survey #6

General Theme – Opening Too Quickly

- Throughout the survey over 15% of respondents spontaneously expressed concerns that the restrictions were being lifted, and the economy was being reopened, too quickly:
 - » *“People are pushing to open things up when it may not be safe to do so.” (Canada)*
 - » *“Federal officials are pushing for reopening more than is reasonable.” (US)*
 - » *“There are still so many unknowns and uncertainties around this virus, not in a hurry to loosen restrictions.” (Canada)*
 - » *“I feel uncomfortable thinking more things will be opening up and restrictions will be lifted.” (Canada)*
 - » *“I am in the current epicenter of COVID-19 in the US, we need to keep things closed a little longer.” (US)*
 - » *“The virus is still out there and we mustn’t rush back to “normal” too soon.” (Canada)*
 - » *“There are reports of a second wave coming. I’d rather stay isolated longer to reduce the impact of a possible second wave.” (Canada)*
 - » *“Open too fast. Let’s not think so much about the economy but people’s lives.” (Canada)*
 - » *“If things open too quickly and we have to go backwards into isolation that it will be hard for me to explain to my daughter and will cause additional anxiety.” (Canada)*

Notable Changes in the Past Week

- **When asked about the biggest changes they've noticed around them in the past week, many respondents noted that **more people are out and about with some ignoring physical distancing guidelines.****
- **More people are out and about and there is more traffic on the roads now that the weather has improved:**
 - » *"We are able to walk at a local park again, and we are seeing lots of people there. There seem to be more people out and about." (Canada)*
 - » *"More people hiking on a trail we use than was common before pandemic." (US)*
- **More people are taking more risks, ignoring physical distancing guidelines and not wearing masks:**
 - » *"More people going out and congregating even though restrictions still in place. More young kids out playing with each other. Our neighbours had a bouncy castle with six 13-year old girls in it." (Canada)*
 - » *"People are not social distancing, not staying home. Acting like everything is over now." (Canada)*
 - » *"People taking more risk in terms of inappropriate use of PPE and physical distancing despite state and local guidelines." (US)*

Notable Changes in the Past Week

- **Some restrictions are being relaxed and more businesses are reopening. A few said people are more optimistic given their new freedoms:**
 - » *“Provinces are slowly starting to open businesses and relax some rules.” (Canada)*
 - » *“Slow re-opening of local businesses.” (US)*
 - » *“More optimism, people feeling like they're about to get a little more freedom.” (Canada)*
- **Some people are getting more frustrated, “antsy” and are “tired” of the restrictions:**
 - » *“Increasing frustration with federal response to pandemic. Increasing resistance to needed restriction and protection measures.” (US)*
 - » *“People are really getting itchy feet to get back to ‘normal’.” (Canada)*
 - » *“People are torn between wanting to get out and staying safe.” (US)*
- **More people are wearing masks.**

Current Level of Restrictions – About Right

Most respondents (75%) characterized the level of restrictions in their area as “About Right”, saying ...

- **That easing of restrictions should be “cautious”, “slow”, “phased”:**
 - » *“A slow phased approach is warranted. It is important to see how people respond to the rules of social distancing, wearing masks, etc. If there is compliance, then Phase 2 can be implemented.”*
 - » *“We have to wait to see the results of loosening restrictions last Friday, which will take a few weeks.”*
- **Restrictions are working, people are following them, and the curve is flattening:**
 - » *“I believe the Covid crises has not fully flattened in our area, however, it seems that the bulk of the infection is localized.”*
- **Important to slow the spread and prevent a second wave:**
 - » *“We must be cautious when re-opening as to not bolster a second wave of virus infections.”*
- **Restrictions “make sense” and are “reasonable”:**
 - » *“The level of restrictions is reasonable here, but people still need to be careful as they are relaxed.”*
 - » *“Nothing has happened to change the current restrictions at the level we are at.”*
 - » *“Our political leaders are listening to the scientists.”*

Current Level of Restrictions – Too Strict

Those who feel that the restrictions are too strict – 13% – said ...

- **Low rates of infection in their area mean that restrictions aren't needed:**

- » *“As one of the areas with a low rate of infection and deaths, I think it's unfair that the vast majority of people are suffering (no elective surgeries and other types of health care that could help people) for the sake of those few who have contracted the virus (vast majority have not needed hospitalization).”*
- » *“We have very few cases where we are, and the level is not rising. People should be allowed to work as long as they can do so safely for themselves and others. They need money, they need to save their small businesses. The economic destruction is massive.”*

- **Some activities are low risk and should be less restricted:**

- » *“Restrictions on parks, outdoor venues and activities should not be in place. Risk thought to be low in outdoor settings. Fines for people doing recreational activities outside are excessive and punitive.”*
- » *“When you get your hair or nails done, there are less people within 6 ft of you than there are at the grocery store.”*

Current Level of Restrictions – Too Loose

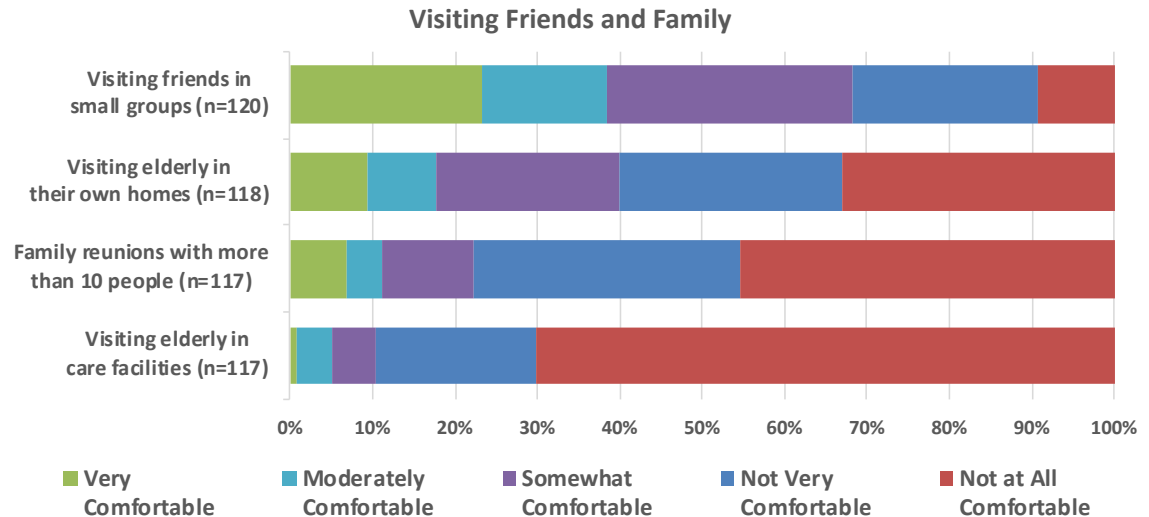
Those who felt that the restrictions are too loose – **11%** – said that reopening too quickly combined with a lack of guidelines and compliance could lead to negative outcomes:

- » *“Worried that folks will abuse the social distancing rule and we’ll wind up right back where we are.”*
- » *“Public transit has not responded properly. Too many people are taking transit as an entertainment activity and that’s putting the drivers and other actual riders at risk.”*
- » *“Many people haven’t abided by the restrictions.”*
- » *“Lots of people, big crowds at grocery store, roads busy, parks are packed even local parks.”*
- » *“People must stay home until health care officials feel confident to relax restrictions and put proper procedures in place.”*
- » *“It should be mandatory to wear masks to walk into a store. In California you can’t go in Walmart or grocery stores without a mask.”*

Comfort with Visiting Friends and Family

As restrictions are loosened in your area, how comfortable would you feel in the next 2 weeks getting together with friends and family in each of the following situations?

- While spending time with family and friends was most frequently noted in our survey last week as what they most looked forward to doing when restrictions are lifted, people are still expressing a significant amount of discomfort in some situations.
- Several noted that outdoor activities and get togethers might be appropriate:
 - » *“Walking with friends, sitting outside with appropriate distancing.”*
 - » *“Sitting 10 feet apart on a deck – everyone brings own refreshments and glasses.”*
 - » *“Gathering outdoors such as park or large back garden.”*
 - » *“Visiting with friends outside on patio or during walks/bike rides.”*



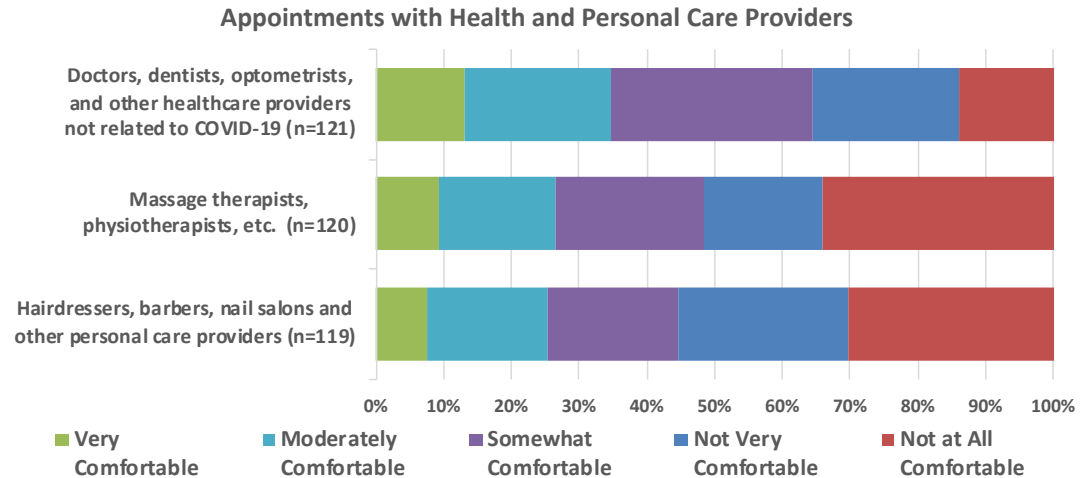
Comfort with Visiting Family and Friends

- **Several respondents mentioned the parameters around which they would be comfortable getting together with family and friends, some said they would only get together with immediate family, while others said they would “have to be people we know well.”**
 - » *“Immediate family members would be fine. Friends, even close friends, absolutely not.”*
 - » *“I would feel very comfortable visiting friends who have been well for the duration of the isolation.”*
 - » *“COVID ‘Bubble’ family – people we are close to.”*
- **Others expressed concerns about the risks of getting together with friends and family, citing “too much uncertainty”, “higher-risk friends”:**
 - » *“It just such an unknown, although I feel safe personally, I couldn't handle thinking I might hurt someone else. I am getting the antibody test, but we don't even know if that matters. Maybe it can help someone else.”*
 - » *“Since I have to go out for groceries, I could get infected and pass it on without knowing.”*
- **Another expressed concerns about logistics and safety of get togethers:**
 - » *“We would be okay meeting friends with physical distancing but would worry about how to address things like bathrooms and drinking responsibly (i.e., how to get home).”*

Comfort with Health and Personal Care

As restrictions are loosened in your area, how comfortable would you feel in the next 2 weeks going to appointments where you may come into close contact with service providers ...

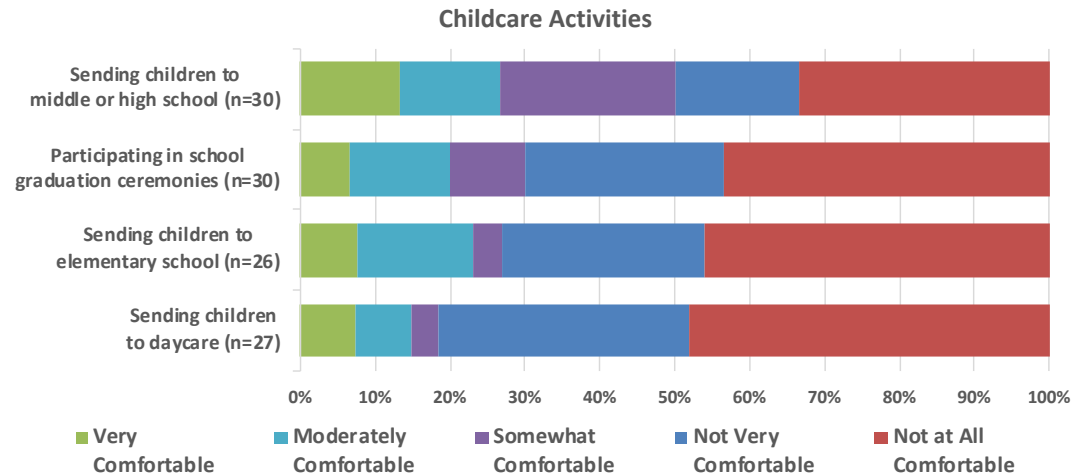
- **Comfort in going to health and personal care appointments varied widely.**
- **Some commented:**
 - » *“Need to know precautions and why appointments are necessary.”*
 - » *“Doctors, optometrists OK, with restrictions on waiting rooms. Dentists, lab tests, absolutely not.”*
 - » *“Not sure they understand infection control.”*
 - » *“Why not wait to be sure no one is a carrier. Do we want to experience a second wave?”*



Comfort with Childcare Activities

As restrictions are loosened in your area, how comfortable would you feel in the next 2 weeks participating in the following activities related to childcare...

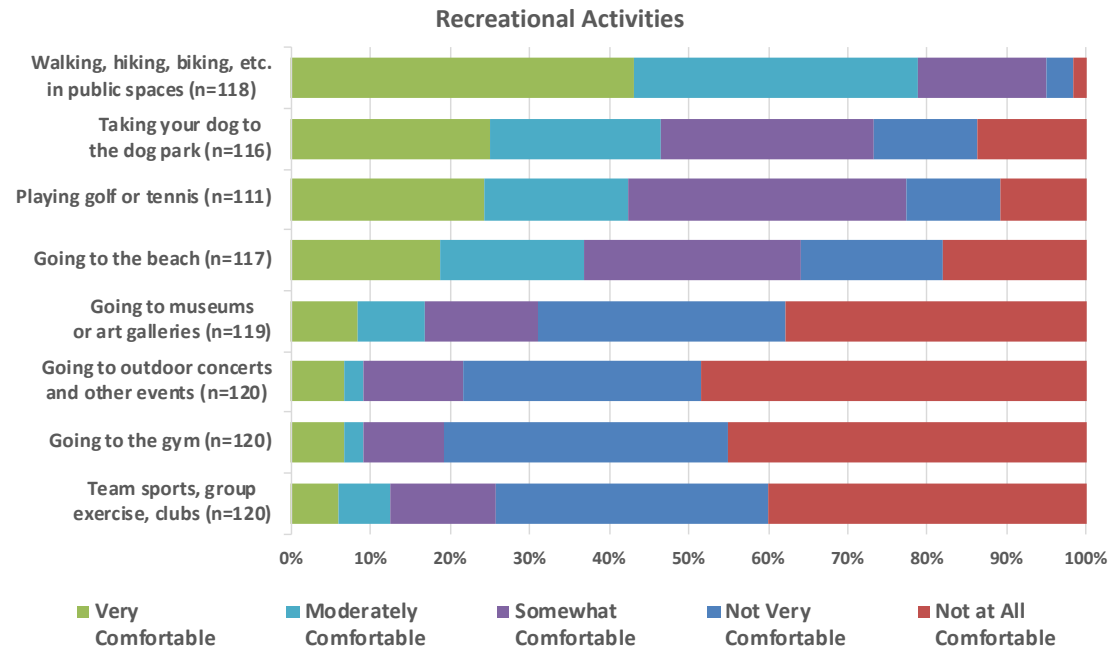
- Respondents were not very comfortable with childcare activities, especially daycare.
- Other childcare activities they noted, include sports and playdates.
- Some commented:
 - » *“Too soon, too many unknowns.”*
 - » *“Provide childcare at home.”*
 - » *“Dances, sports, social mixing with food and drink seem like they would incur increased risks.”*



Comfort with Recreational Activities

As restrictions are loosened in your area, how comfortable would you feel in the next 2 weeks participating in the following recreational or entertainment activities ...

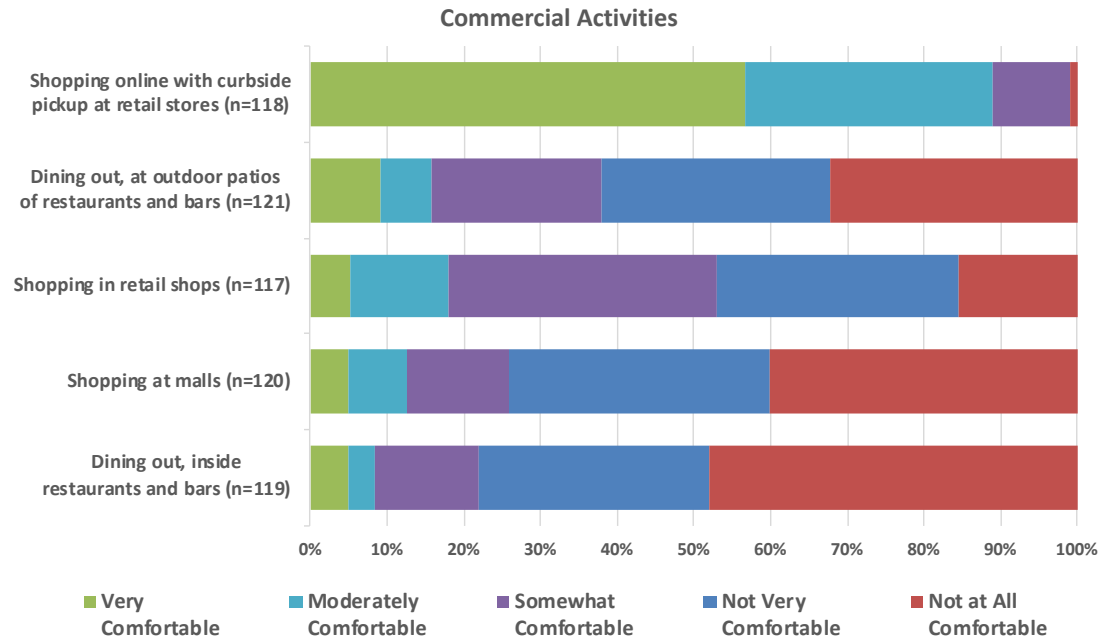
- Respondents seemed most comfortable in situations with less people and more freedom of movement and personal control, particularly in outdoor environments:
 - » *“A lot will depend on how crowded the particular place is. I would just use my judgment and take it a step at a time.”*
 - » *“Until the numbers flatten there is no reason to gather.”*
 - » *“Everything would depend on where, how many people, the surrounding environment etc. I am very comfortable with outdoor open spaces with my spouse, my dog or a close friend with similar expectations... still being more socially distant than a ‘normal’ day.”*



Comfort with Commercial Activities

As restrictions are loosened in your area, how comfortable would you feel in the next 2 weeks participating in the following non-essential commercial activities...

- **Shopping online with curbside pickup at retail stores was the only commercial activity that respondents expressed comfort in doing.**
 - » *“Banking should be online only. All retailers should offer credit card “tap”.*
 - » *“Spread out... limited numbers... social distancing... outside.”*

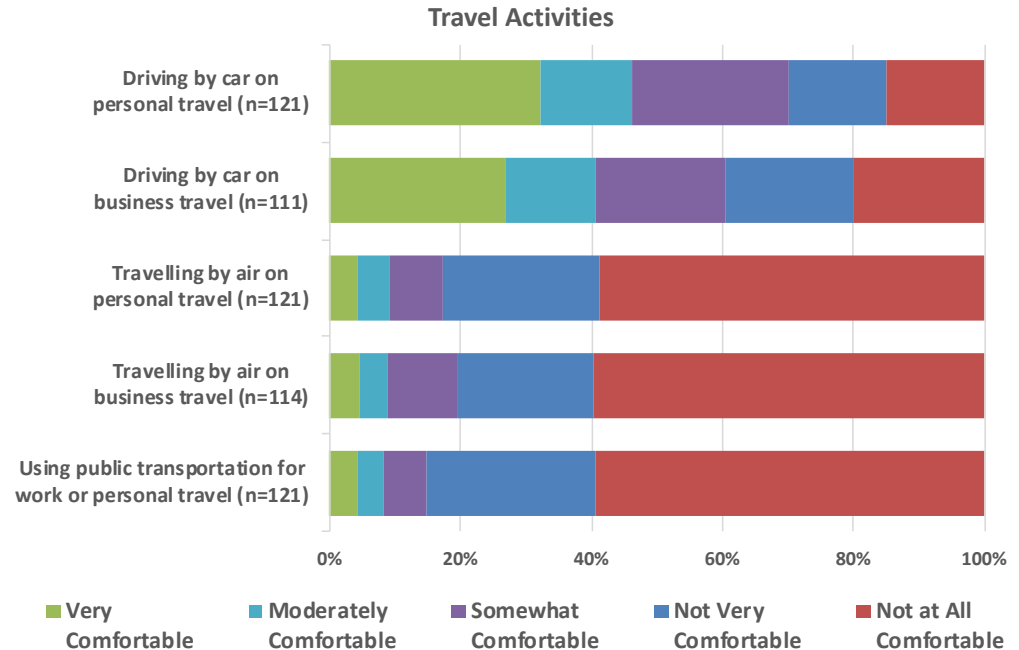


Comfort with Travel Activities

As restrictions are loosened in your area, how comfortable would you feel in the next 2 weeks traveling outside of your community (including needed short, long or overnight stops)?

- Travel by car was the only mode of travel that respondents expressed comfort in doing.

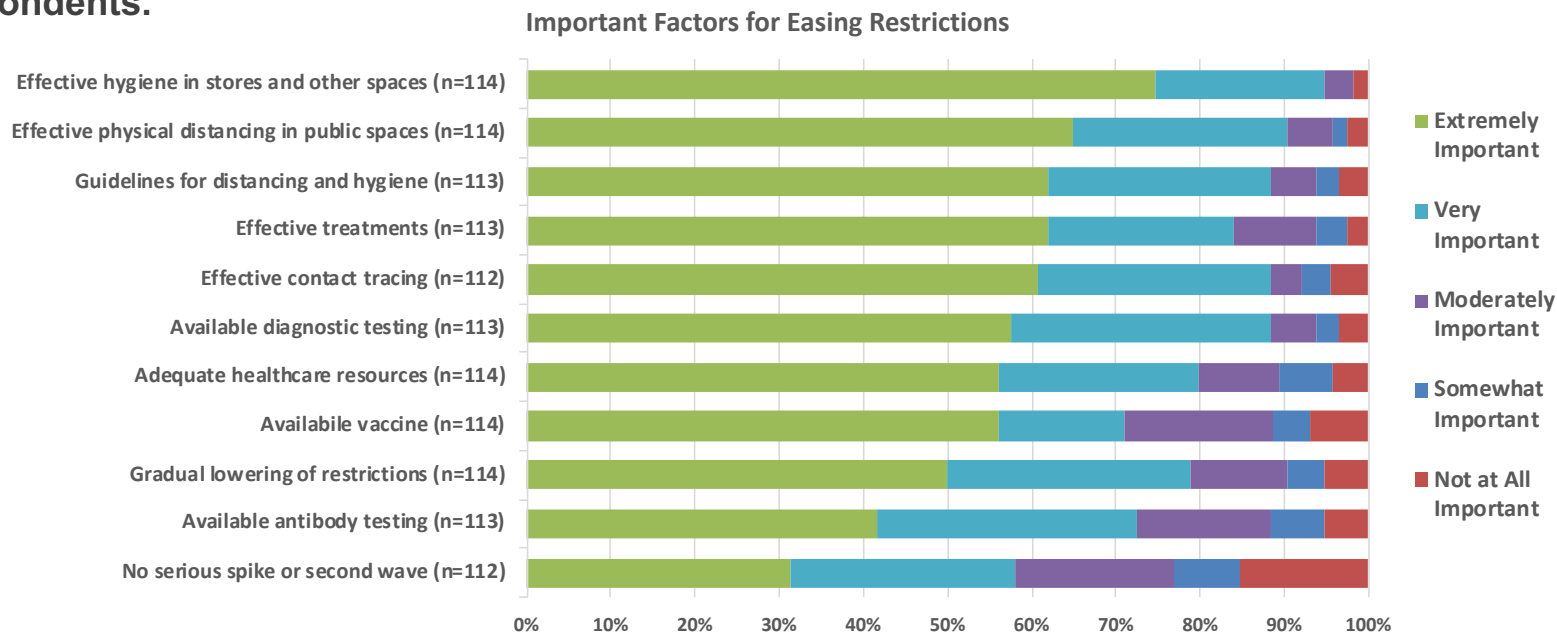
- » *“No Uber or taxi.”*
- » *“Tour buses or cruise ships, yikes!”*
- » *“Here too, I would watch and see how this goes.”*
- » *“We have a second property less than 2 hours away so there is no need to stop in order to get there and back.”*
- » *“Would feel very uncomfortable staying in a hotel not knowing their sanitation would be sufficient.”*



Assurances Prior to Easing Restrictions

How important will the following be to you in making personal decisions about returning to activities that you have been limiting or avoiding during the pandemic?

- No significant changes compared to earlier week. New assurances added this week include ‘effective contact tracing’ and ‘adequate healthcare resources’ which appear in the middle of pack. Also ‘gradual lowering of restrictions and ‘no serious spike or second wave’ which appear toward the bottom of the list, though still rated as ‘extremely’ or ‘very important’ by most respondents.



Other Assurances Prior to Resuming Activities

What other assurances would you want before you resume activities:

- **Many questioned the trustworthiness of assurances, saying they could not trust officials and that it was not possible to “assure anything”:**
 - » *“Assurances from officials has as much allure as pre-election promises.” (Canada)*
 - » *“I don't believe any officials can honestly ‘promise’ that there won't be a second wave. That would be naïve.” (Canada)*
 - » *“Not sure how the officials will be able to predict a second wave or adequate resources.” (US)*
- **Several respondents said they would want to make sure there was a high level of compliance, specifically relating to the widespread wearing of masks and observing social distancing, and “stringent consequences for noncompliance”:**
 - » *“My comfort level at entering back into normal activities depends on the level of commitment to adhering to rules and regulations that people are doing. Are they wearing masks, staying a safe distance. Once rules are relaxed, I fear that people will get lax.” (Canada)*
 - » *“Compliance with requirements, humans make mistakes often.” (Canada)*

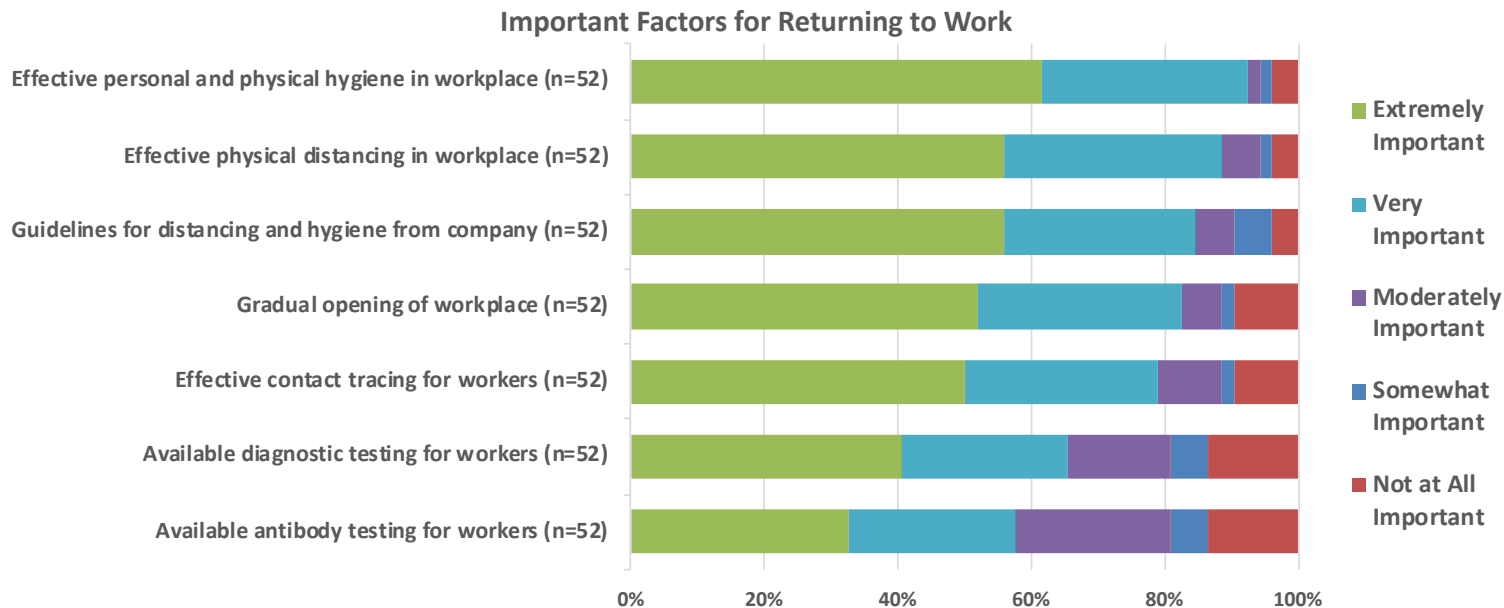
Other Assurances Prior to Resuming Activities

- **Other assurances mentioned, listed in order of frequency of mention, included:**
 - » Decrease in the numbers – infection rate and the number of deaths
 - » Clear plans in place to manage a second wave or spike in the number of cases
 - » Increased testing – *“Testing is ramped up ten-fold”*
 - » Antibody testing and immunity: *“Knowing whether testing positive for antibodies means a person has immunity.”*
 - » Personal Safety: *“Reduced threats of violence from those who deny risks”*
 - » Tracking guidelines: *“I would like to know that any tracking activities that are undertaken in Canada will be compliant with the EU's GDPR given that Canada's privacy regime is insufficient.”*
 - » *“Infection control policies and procedures training for ALL front-line workers.”*
 - » A personal risk assessment performed by a specialist
 - » Need to know if the virus can be spread by mosquitos

Assurances Prior to Returning to Workplace

People who are working were asked: *Thinking specifically about potentially returning to work (outside of your home) what would you want to be assured of before returning to your workplace?*

- Respondents who might be going back to work want many of the same assurances for their workplace as they do generally: effective hygiene controls; physical distancing; guidance; testing; tracing; etc.



Other Assurances Relating to Workplace

What other assurances would you want before continuing to work at, returning to, or starting to work at a workplace outside of your home:

- **They also asked for flexibility: the ability to continue to work from home; staggered hours or days; and stay home without punishment policies for workers with COVID-related illness:**
 - » *“I would want to know if its actually necessary to be physically there. It seems that I am equally, if not more productive working from home so there would need to be a good reason to take on any additional risk by going into the office.”*
 - » *“We have to make sure that workers who do not come back to the office, or who come back and then must go into quarantine again, are not punished in any way.”*

- **Availability of appropriate PPE (masks, plexiglass), person hygiene and cleaning products.**

- **Better understanding and control of the virus of the virus:**
 - » *“I’m a teacher; would feel so much better waiting to return in September when public health has better control, testing, and understanding of virus. It will be IMPOSSIBLE to physically distance in my workplace.”*

Other Assurances Relating to Workplace

- **One respondent suggested that no assurances are necessary if people use common sense and are socially responsible:**
 - » *“Tracking and tracing is not something that an employer should have any involvement in – whether it's my temperature, my medical diagnosis or history, or who I have or have not been in proximity to or associated with. We would all be much better off if common sense were allowed to prevail, and the paternalistic authorities treated people – who were responsible, sensible, and capable of voting them into office – as equally competent to do such fundamental things as being courteous and maintaining basic personal hygiene.”*

What are you most grateful for today?

- “Family”, “health”, “friends”, and “home” have consistently been among the most frequent things people are grateful for over the past 7 weeks. This week, “weather”, “sunshine” and “warmer” are also showing up frequently.

May 4 - 10



COVID-19 Coping Survey Week #7 Highlights

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Holiday Planning ...

As the Memorial Day (US) and Canadian Victoria Day long holiday weekends approach ... what are you considering doing this year and how does the pandemic change your plans and thinking if at all?

- **Most respondents say they are staying at home with some saying that they are not doing things that they normally – getting together with family and friends, attending group activities or travelling. Instead, they may have a barbeque at home, go for a bike ride or walk, or spend time in the garden:**
 - » *“Memorial Day Parade has been cancelled. No plans to get together with family or friends.”*
 - » *“I had planned on driving to visit our son halfway across the continent, and we are holding on this –are there motels, rest stops, and food service available along interstates? Worried.”*
 - » *“Total change in plans. In the past have travelled to friends' cottages or to Ottawa to visit my daughter. Will do neither this year. Stay at home. Take a hike or bike ride.”*

- **Some are only modifying their plans, getting together with only family members or a few friends, or travelling but bringing with them all they will need:**
 - » *“We are going to the cottage as we always do. We will take what we need. With the exception of not having campfires (there is currently a fire ban due to the pandemic) our activities won't change. Our young adult daughters would normally have several gatherings with friends on the lake and that won't be possible. That may cause tension as we may need to 'police' their activity.”*
 - » *Will probably do no more than getting together outside with close family. The number of family members attending would be up to each child individually and their level of comfort.”*

Suggestions to Others

If you could offer one suggestion or piece of advice to other people ...

- **Take care of yourself physically** (exercise, get fresh air,) **and mentally** (pace yourself, get help if you need it):
 - » *“Start some meditation. I was resistant to this idea in March and April, but now I think I really need it.”*
 - » *“Take a walk, have a bath, put on music, call a friend, do something nice for yourself.”*
 - » *“If you are struggling, reach out to someone or call a crisis line.”*
 - » *“Remain active. Get out in the sun. Eat well and don't overindulge. Meditate. Find something to be grateful for. Count your blessings.”*
 - » *“Take time to smell the flowers and enjoy the downtime.”*

- **Stay connected and reach out to others:**
 - » *“Call your family. Send pictures.”*
 - » *“Reach out regularly to family and friends to continue to support one another.”*
 - » *“Hang in there, write letters call all friends or acquaintances, especially those who are sick or alone.”*

Suggestions to Others

If you could offer one suggestion or piece of advice to other people...

- **Keep busy, develop a routine and be productive:**

- » *“Keep busy doing things you don't normally have time to do.”*
- » *“This is a good time to pick up a hobby or read a good book. Challenge yourself.”*
- » *“Use the time productively. We may never have so much down time again.”*

- **Be patient, stay the course, follow the guidelines:**

- » *“This will be a small blip on the radar if we all do as we need to in order to keep us all safe.”*
- » *“Hang in there. Things could always be worse.”*
- » *“Get over it - this will pass. Other people have it worse than you do. Historically, our parents and grandparents face illness and war and they survived. We all need to do our part.”*
- » *“Stay focused and determined - do not let up on social distancing and other precautions.”*

- **Other suggestions, listed in order of frequency of mention included:**

- » *Limit media exposure and “screen time”*
- » *Be informed*
- » *Help others*

Respondents' Comments on our Survey

- **We heard from many respondents that the survey is providing an outlet for them to share their thoughts and experiences and it is helping them cope with the pandemic:**
 - » *“The questions are great food for thought and continue to provide a ‘mental health check’ for me.”*
 - » *“Thanks for doing this. It helps to know what's in other folks' minds.”*
- **Others commented that the survey is a “good resource for future studies” and preparedness:**
 - » *“Thank you for doing this. In hindsight it will be an important piece of research in understanding how people cope during unprecedented times.”*
 - » *“Very effective questions. Very useful for future use!”*
 - » *“What we have learned to prepare for the next outbreak re. items everyone should have for protection etc., i.e., a virus protection safety kit.”*

Supplemental Results

Survey Overview

▪ Survey Responses

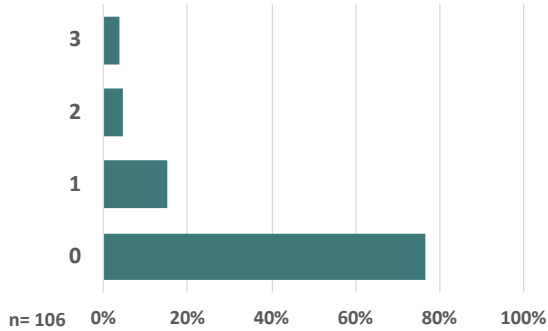
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- » **124 people responded** in total. Participation was limited to people 18 and over.
- » **85% of respondents had participated in previous surveys.** 15% were new participants this week.
- » **Over 1860 respondents over the past 7 weeks**

▪ Survey Sample

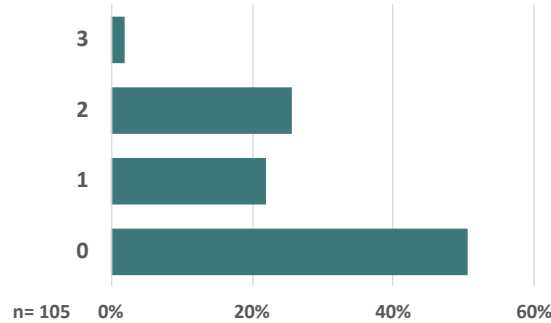
- » Survey participants were recruited through convenience and snowball sampling.
- » The survey was promoted through various avenues starting with our friends, families and professional colleagues via email, LinkedIn, Twitter and other platforms. People were asked to share the survey invitation with others.
- » *As such, we make no claims about the representativeness of the survey to any specific population, but we do believe that the results provide meaningful insight into people's experiences and perspectives during these difficult times.*

Other Demographics – Survey Week #7

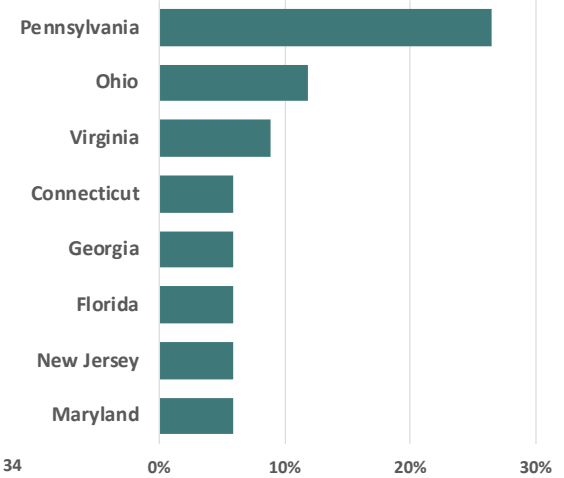
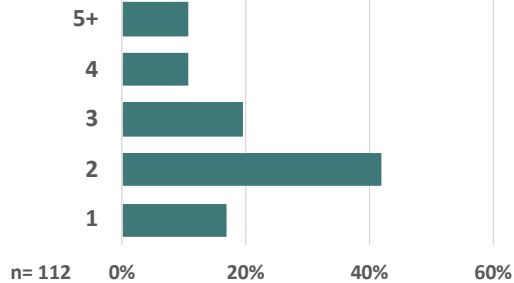
Children <18 at Home



Seniors >65 at Home

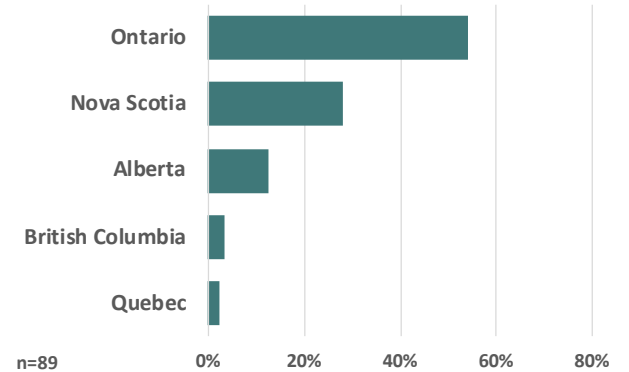


Household Size



Other states represented in Survey #6 include:

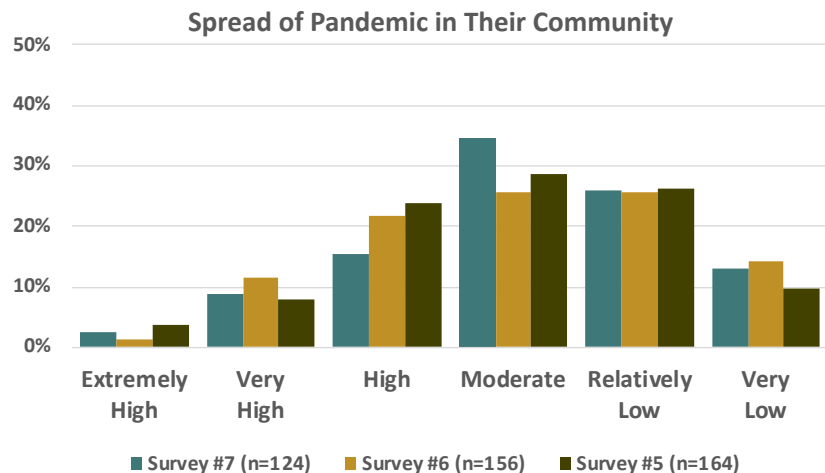
- Kentucky, Mississippi, Missouri, Montana, New Hampshire, New York, South Carolina, Wisconsin



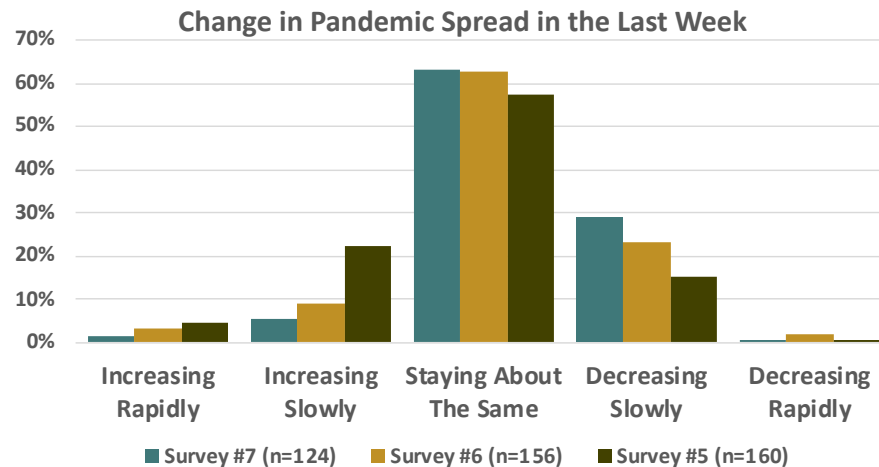
Covid-19 in Their Community

- When asked about the level of the number of people infected or hospitalized with COVID-19 in their community respondents reported a wide range, with the level of impact is “staying about the same” as the previous week.

*How would you rate the level of impact of the pandemic on your community this week?**



*How has the level of impact changed in the last week?**



* New questions in Survey #5

COVID-19 Coping Survey Week #7 Highlights

Trusted Sources – Canadian Respondents (Surveys #1- #7 combined*)

Which organization or individual do you trust most when it comes to information related to the COVID-19 pandemic?

- In Canada, **CBC, Dr. Tam (and “CPHO”), WHO and Federal Government (in general)** are the most frequently cited as “most trusted”, followed by general references to “Public Health” and then more specifically PHAC and Justin Trudeau (and “Prime Minister”).

March 13 -
May 10

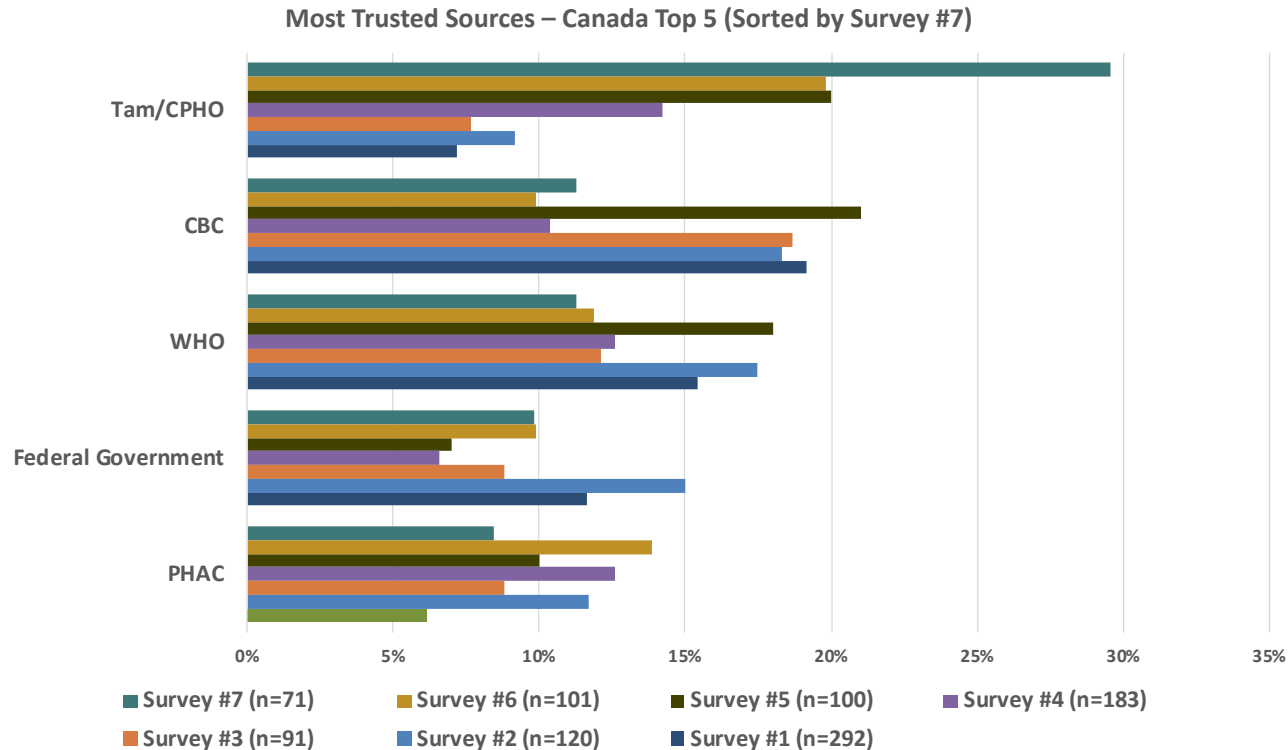


* Note: This word cloud is inclusive of all responses across Surveys 1-7.

Trusted Sources – Canadian Respondents

Which organization or individual do you trust most when it comes to information related to the COVID-19 pandemic?

- The order fluctuates from week to week, but **Dr. Tam has consistently trended higher** over the past 7 weeks.



Trusted Sources – US Respondents (Surveys #1 - #7 combined*)

Which organization or individual do you trust most when it comes to information related to the COVID-19 pandemic?

- In the US, the story is quite different with less frequent citation of federal government in general. **Dr. Anthony Fauci and the CDC** are most frequently cited, followed by the WHO, Johns Hopkins University, and State Governments (and their governors).

March 13 -
May 10



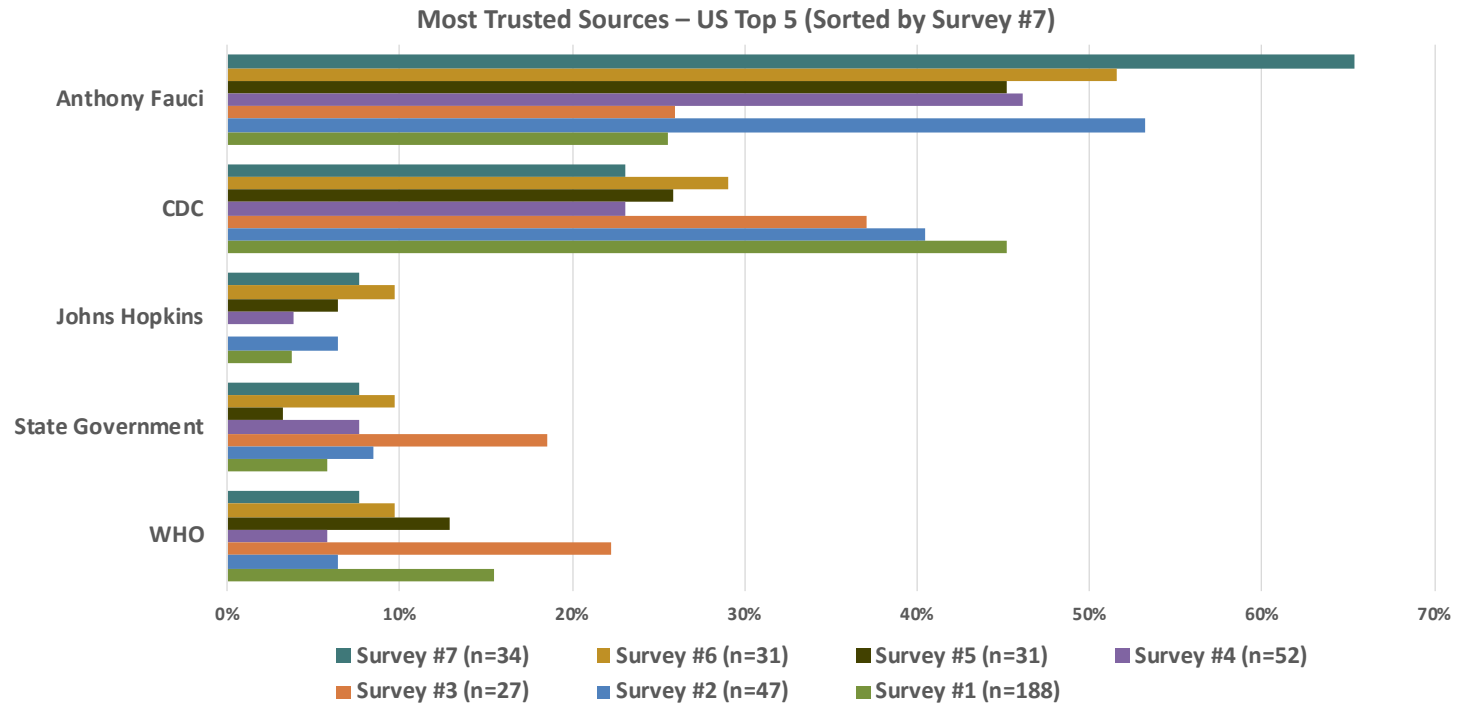
* Note: This word cloud is inclusive of all responses across Surveys 1-7.

COVID-19 Coping Survey Week #7 Highlights

Trusted Sources – US Respondents

Which organization or individual do you trust most when it comes to information related to the COVID-19 pandemic?

- Sources mentioned vary from week to week, but **Dr. Anthony Fauci and CDC** are consistently cited as the most frequently cited as most trusted sources, though CDC has dropped fairly consistently while Dr. Fauci has risen.



What one word would you use to describe how you are feeling today?

- Respondents' mood **from week 6 of the survey** for comparison (when 'okay' was the most frequent word)

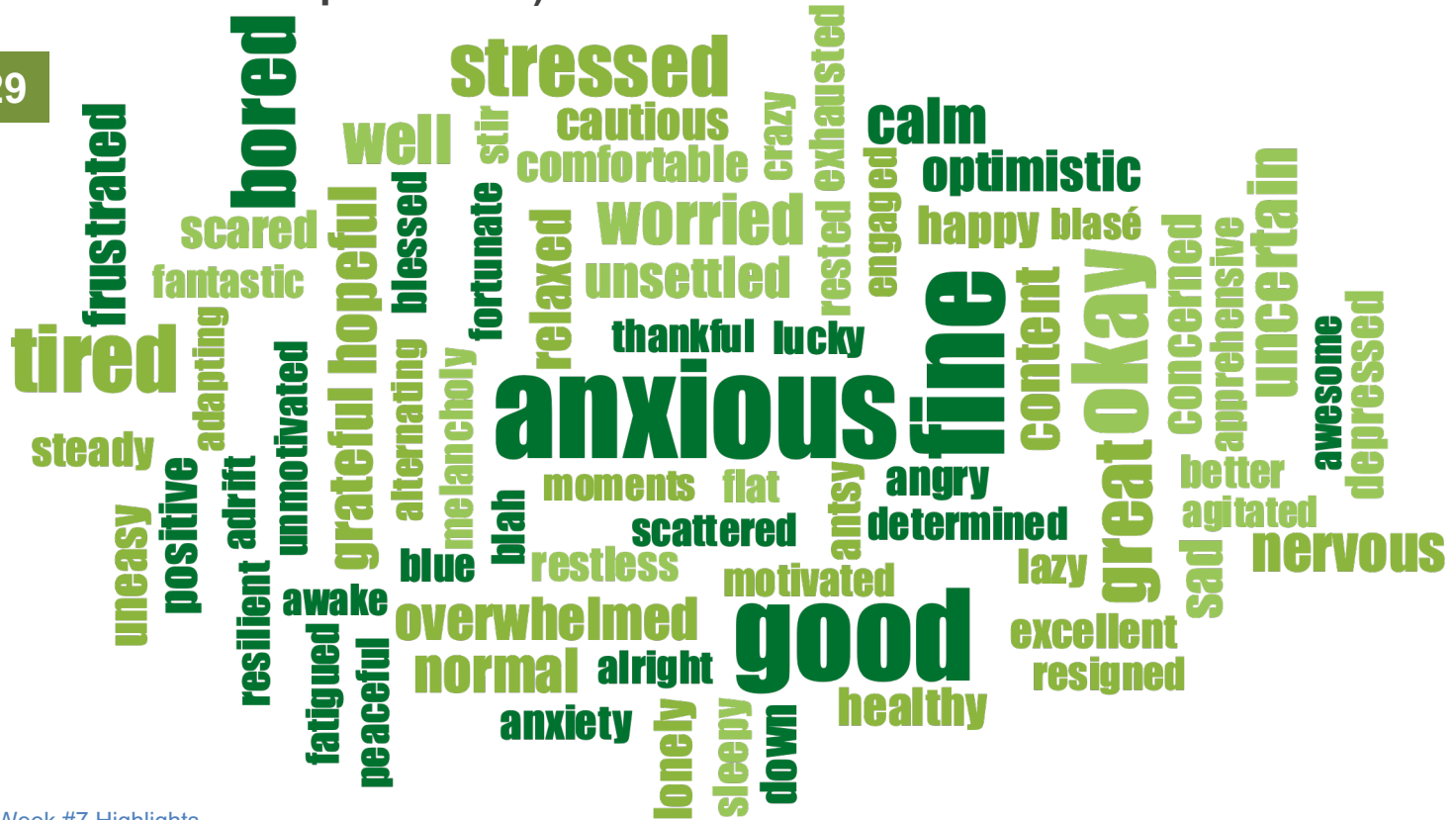
April 27 -
May 3



What one word would you use to describe how you are feeling today?

- Respondents' mood from the first week of the survey for comparison. (when 'anxious' was the most frequent word)

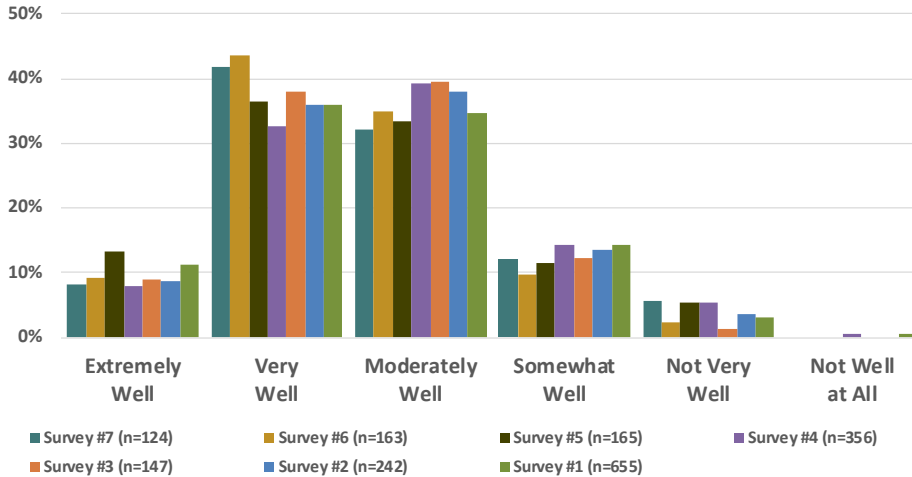
March 24 - 29



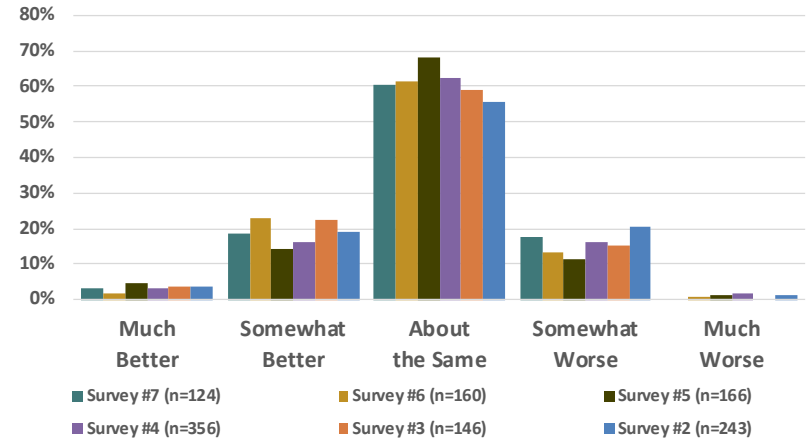
Coping with the COVID-19 Pandemic?

- The range of how well respondents are coping has been consistent over the past 7 weeks and continues to reflect the broad range of emotions people are feeling. Most are reporting that it is unchanged from the previous week.

How well are you coping with the COVID-19 pandemic today?



How does this compare to last week?*



* New questions in Survey #2

Why We're Doing the Coping Survey

- Like many others we are trying to understand and cope with the practical, psychological and emotional effects of physical distancing, self-isolation, symptom monitoring and general uncertainty during this COVID-19 pandemic.
- Our team at Decision Partners believes we can help, in a small way, by doing what we do best – listening and learning about how people are feeling and what they are doing to cope with the changes and challenges we are all facing. That's why we launched our **weekly** COVID-19 Coping Survey on March 24.
- No one has sponsored this research – we're doing it on our own. We hope this work will generate useful insight to help people cope a little better, and hopefully inform ongoing and future pandemic decision making.
- Please [take the weekly survey](#), share the survey link and the weekly results!

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About Us

Our team at Decision Partners believes our world is a better place when people make better-informed decisions. We specialize in behavioural research designed to better understand how people think about and respond to complex topics, including social and health-related issues. We are a small business that has been doing this work for 30 years.

You can learn more about us, and our COVID-19 Coping Survey at <http://www.decisionpartners.co>

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