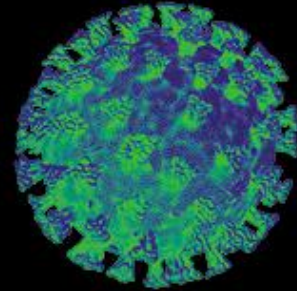


Coronavirus (COVID-19) Update



Coronavirus Survey Results

Dear residents and partners,

Thank you to the 17,455 residents who took part in our coronavirus survey back in May. We asked you to provide feedback on how the coronavirus was affecting you so we could better understand the situation in West Sussex. Below is a snapshot from the results:

Community connection: 48% of our survey respondents said the coronavirus pandemic had a positive impact on how connected they felt to their local community. A further 28% of respondents reported no impact, whilst around 23% reported a negative impact.

Your financial situation: 33% (around a third of all those participating in our survey) said their financial situation had been negatively impacted by the pandemic. Just over a third (36%) of our respondents reported a negative impact on their job.

Mental health: Almost half the people in our survey (49%) said they experienced a negative impact on their mental health, and 30% said they were concerned about the impact of coronavirus on their mental health in the future, and 6% said they needed help or support with their mental health but were not getting it. However, 15% were not at all concerned about their mental health and 12% of respondents reported that the pandemic had resulted in a positive impact.

Access to healthcare/medicine/dental care: More than half of respondents (57%) reported a negative impact on access to healthcare, medicine or dental care and

53% reported being concerned about the impact of the pandemic on their access to these services in the future. However, 31% said they experienced no impact, and 5% of respondents reported on a positive impact on their access to healthcare, medicine or dental care.

Education: Just under a third of our respondents (31%) reported a negative impact on their child's/children's education or schooling and 32% reported being concerned about the impact of coronavirus on education in the future. 21% reported no impact on their child's education/schooling, but around 4% reported a positive impact. 34% commented they did not know or said this question did not apply to them.

Lockdown activities: Overall, gardening was the most often reported 'lockdown activity' reported by our respondents (65%), followed by spending time on social media and reading books (both 52%), although there were variations by age. For example, whilst all groups reported spending time on social media within their top three activities, gardening was the top activity for those aged 45 and over (64-73% across those age groups), helping their children to learn at home was the most often reported activity for 35-44 year olds (69%), baking/cooking tops for 25-34 year olds (69%) and watching tv/streaming and time on social media came a close second (70% and 68% respectively) for those aged 16-24.

More of our residents are using online video meeting software: 72% of you told us you had started using online video meeting software, or had increased your use of it since the pandemic began.

Please visit our [survey results page](#) to see the full results and the actions we are taking.

Finally, a reminder that last week we launched our [new campaign to Keep West Sussex Safe](#) which has information online about what we can all do to reduce the spread of the virus. Our pages are being updated frequently so please take a look.

Thank you for your continued support.

Some of the most common words and phrases to come out of the survey results...

NHS family togetherness **gardening**
home schooling **social media**
community bonding **TV briefings**
cooking and baking **eNewsletters** **lifestyle**
catching the virus **mental health**
environmental impact **financial situation**
community information **access to health care**



Face coverings

If you can, wear a face covering in enclosed public spaces where social distancing isn't possible and where you will come into contact with people you do not normally meet.

You must wear a face covering at all times on public transport, when attending a hospital as a visitor or outpatient, and when in shops and supermarkets.

Face coverings do not replace social distancing.

[Find out more about face coverings, including how to make your own.](#)



Getting tested

If you have any symptoms of COVID-19, you should get tested. Visit [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or call 119. Tests are free of charge.

Symptoms include a new continuous cough, a high temperature or a loss of, or change in your sense of taste or smell.

If you develop these symptoms, however mild, or you have received a positive COVID-19 test result, then you should immediately self-isolate by staying at home for at least ten days from when your symptoms started.

All other household members must stay at home and not leave the house for 14 days.

[If you have symptoms, get tested.](#)



Keep hands clean

Wash your hands with soap and water more often than usual, for at least 20 seconds, using hand sanitiser if soap and water are not available.

You should always wash your hands or use hand sanitiser after coughing, sneezing and blowing your nose, before you eat or handle food, and when you get to work or arrive home.

[Find out the best way to wash your hands.](#)



Practise social distancing

Keep two metres away from people or at least one metre when you can take other precautions, such as wearing a face covering or not sitting face-to-face with someone.

If you go out to enjoy the West Sussex countryside, open spaces or parks, observe good social distancing and please remember to take your litter home.

[Get more information on when you should be social distancing.](#)

