

# Covid Fatigue Rapid Poll

22 November 2021



Making a positive difference every day to people's lives



# Approach

- In response to concerns over public COVID-19 fatigue the Public Health Team issued a rapid poll to get a temperature check
  - **Channels used:**
    - Twitter poll
    - BeHeard Survey
  - **Distribution/Coverage included:**
    - Twitter / Instagram / Facebook
    - Corp Comms social channel
    - Community providers
    - Faith Groups
    - Covid-19 Champions
    - ICS network
    - Public Health Teams
  - **Total respondents 96**
  - **Survey period:** From 12 noon on 19 November 2021 to 12noon on 22 November 2021 (72 hours)
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# Poll Questions

1. Last week we met with local faith leaders who shared their experiences of people feeling COVID fatigue. We know that many are tired with the same messages, and we must act now to help everyone get through these tough times. Help us understand what COVID fatigue means to you

- I feel COVID fatigue
- I don't feel COVID fatigue
- What is COVID fatigue?

2. What is causing COVID fatigue?

3. What can we do to support each other to address COVID fatigue?

# Limitations

- Small sample size, and therefore cannot be used as a representative of the population
- Some participants did not know what COVID fatigue is, or they understood the definition of COVID fatigue to be fatigue from long COVID, rather than fatigue from COVID messaging. Therefore, some answers did not represent what the poll was aiming to investigate.
- The sample is biased due to the questionnaire being distributed through an online source.

Long  
COVID

"I've had long covid/covid fatigue after suffering covid c3 times. At present I've just had my booster and getting the symptoms back like feeling dim and dull and difficulty remembering things and recalling from long term memory. "

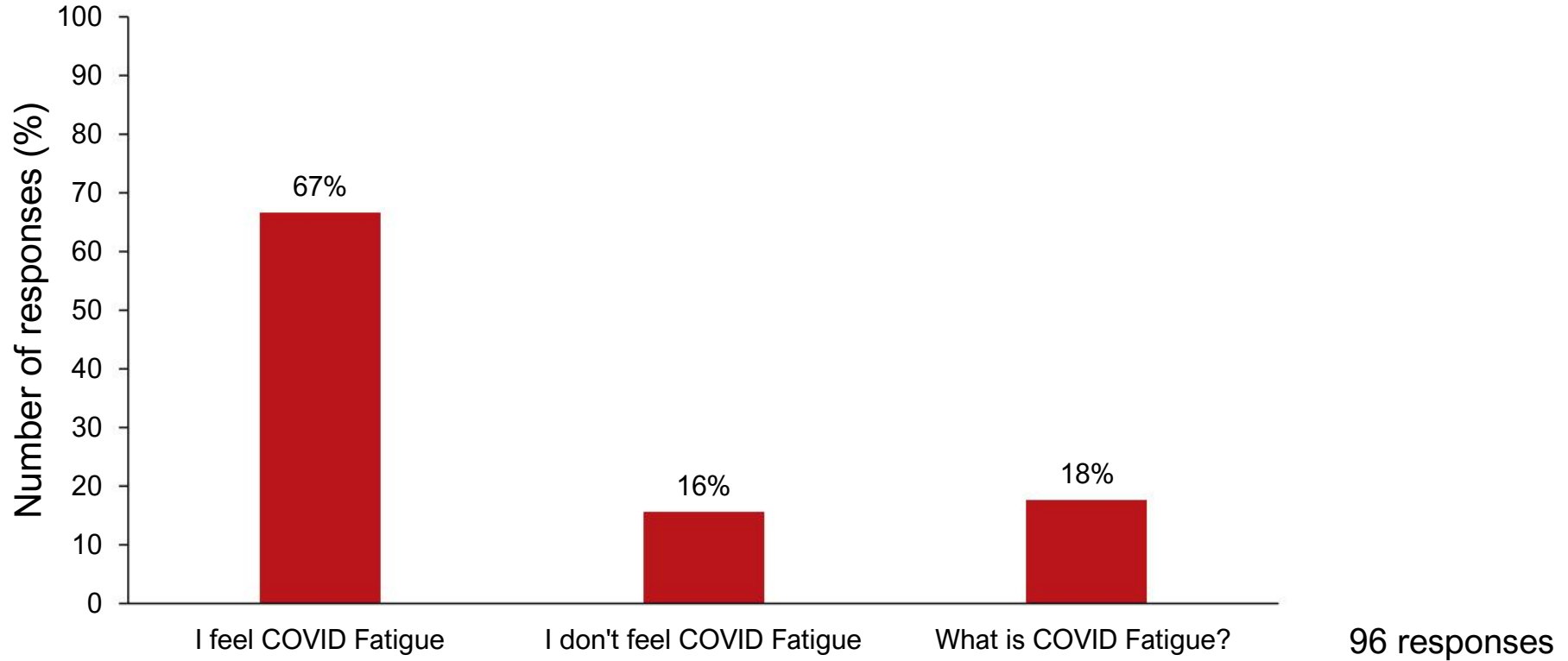
*"It is important to remind people to take time to recover if they are experiencing COVID fatigue"*

What is  
long COVID

"I have never heard of COVID fatigue, so I am unable to answer the question."

# Results + Key messages

# What does COVID fatigue mean to you?



# Residents views on the cause of fatigue



*"Media bombardment with evidence that changes with time. [...] the experts have made casting doubt about what we are told e.g. initially we're told "wearing a mask isn't effective so not important" now we are told it's one of the essential first line defences. This erodes credibility and trust,"*

**Erasure of trust**

**No end in sight**

*"To me, COVID fatigue is continuous news about the negative impact of COVID with no end in sight. Drains you mentally and lowers moral, eventually having the physical effect of feeling fatigued."*

**Responders to the survey said**

**Cause of fatigue**

**Disappointment over the vaccine**

*"I think the fact that it seems to have lingered for so long and also a feeling of disappointment at the fact that the vaccine doesn't still give the much anticipated feeling of immunity from it"*

*"Still being frightened for friends family and myself of catching covid. Feeling unsafe by other people taking risks. Grief."*

**Feeling unsafe and worrying about others**

**Some believe that the pandemic is over**

*"Some people think that the Covid virus has gone but it hasn't"*

# Residents views on moving forward



*"People not taking care of each other-  
having the vaccine as soon as possible,  
wearing masks in buses and trains and in  
shops. COVID hasn't gone because  
we're fed up of it, we have to continue to  
take precautions and test regularly."*

**Keep taking  
precautions**

**Consistent  
messaging  
and  
community  
support**

*"Better public information which is  
consistent and monitored leading to  
better compliance. Checking with  
neighbours and colleagues as to how  
they are."*

**Responders to the survey  
said**

**Moving  
forward**

**Localised  
information  
and direct  
actions**

*"We need the facts.. so how many  
cases, what is serious, then what do  
we need to do. But keep restrictions or  
impositions to the minimum  
necessary."*

*"Less frequent messages so people  
are not constantly getting them.  
Use trusted voices and influencers.  
Included the digitally excluded more."*

**Messaging**

**Return to  
business as  
usual**

*"Turn the tv off. Remove the street e-  
screens and constant reminders of  
disease. Return to business as usual.  
Survival of the fittest."*



# Residents views on COVID-19 Messages

