

Highlights

Survey on Adherence to Public Health Guidelines in Quebec

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Methodology

This document brings together the results of an Internet omnibus survey conducted by [L'Observateur](#) for the Canadian Medical Association. The survey ran from June 13 to 17, 2020 and sampled 1000 respondents from L'Observateur's Quebec consumer community of Internet users.

- The overall contact rate was 10.7%.
- This rate allows for the calculation of a margin of error of $\pm 3.2\%$, 19 times out of 20, since each respondent was randomly recruited.
- Representativeness (age- and gender-weighted results).

L'Observateur also weighted the gender data from the survey to bring them in line with the proportions found in the Quebec population aged 18 and over.

Survey results

Are you in the categories of people at risk of developing complications from COVID-19? (Immunosuppressed people, people over 70 years old, ...)

	YES	18 34	35 54	55 69	70+	M	F
• YES, I am at risk	29 %	13 %	15 %	22 %	96 %	36 %	23 %
• NO, I'm not at risk	70 %	87 %	84 %	77 %	4 %	64 %	76 %

The survey results indicate that 29% of the adult population of Quebec considers itself at risk of developing complications related to COVID-19. This proportion varies according to the age and gender of the respondent. The proportion of people who consider themselves at risk varies from 13% among 18-34 year-olds to 96% among people aged 70 and over. In addition, the rate is significantly higher among men (36%) than among women (23%).

Do you respect public health regulations, that is to say...?

(Physical distancing, respiratory etiquette, frequent hand washing, wearing a mask)

	ALWAYS	18 34	35 54	55 69	70+	M	F
• I wear a mask in public spaces	42 %	27 %	31 %	52 %	72 %	42 %	42 %
• I respect the two-meter distance rule	75 %	61 %	71 %	83 %	95 %	74 %	76 %
• I wash my hands frequently	90 %	85 %	87 %	93 %	98 %	89 %	91 %
• I follow the respiratory etiquette measures (coughing in my elbow)	93 %	96 %	93 %	91 %	90 %	92 %	94 %

Public health guidelines for frequent handwashing and respiratory etiquette are being followed by more than 90% of the population according to the survey. Physical distancing measures of 2 meters seem to be respected by three-quarters of the population. In addition, the results indicate that 42% of the population always wears a mask in public spaces.

Do you consider that the people around you (always) respect public health regulations, that is to say...?

(Physical distancing, respiratory etiquette, frequent hand washing, wearing a mask)

	ALWAYS	18 34	35 54	55 69	70+	M	F
• They wear masks in public spaces	50 %	53 %	50 %	49 %	46 %	20 %	17 %
• They respect the two-meter distance rule	42 %	33 %	40 %	49 %	51 %	42 %	43 %
• They wash their hands frequently	62 %	57 %	65 %	66 %	59 %	58 %	67 %
• They follow the respiratory etiquette measures (cough in their elbow)	63 %	61 %	66 %	64 %	61 %	58 %	68 %

Public health instructions seem to (always) be respected by at least 1 Quebecer out of 2, and even by 2 out of 3 Quebecers with regards to hand washing and respiratory etiquette. Behaviors related to handwashing frequency and respiratory etiquette seem to be more respected by women (67%) than men (58%).

The data also seems to indicate that half of Quebecers wear a mask in public spaces and 42% respect the 2-meter rule.

Since the announcement of the recommendation to wear a mask, have you taken steps to get one?

	YES	18 34	35 54	55 69	70+	M	F
<ul style="list-style-type: none"> • YES, I have taken action 	85 %	77 %	83 %	92 %	93 %	82 %	88 %

The recommendation by public health to wear masks has mobilized interest in mask research by the vast majority of Quebecers (85%). However, this adoption rate appears to be slightly lower than average among 18-34 year-olds (77%).

Under what circumstances do you wear it most often?

IF YES...	YES	18 34	35 54	55 69	70+	M	F
<ul style="list-style-type: none"> • Grocery - supermarket 	77 %	70 %	70 %	81 %	89 %	78 %	76 %
<ul style="list-style-type: none"> • Commerce - shopping center 	52 %	37 %	48 %	59 %	70 %	56 %	49 %
<ul style="list-style-type: none"> • Public transportation 	22 %	27 %	19 %	21 %	20 %	24 %	19 %
<ul style="list-style-type: none"> • Workplace 	23 %	37 %	27 %	16 %	7 %	24 %	22 %

Current mask-wearing habits seem to be widespread in grocery stores and supermarkets but lag in public transportation and workplaces.

What was the main reason you did not take steps to wear a mask?

<ul style="list-style-type: none"> • I live in a remote area. 	12 %
<ul style="list-style-type: none"> • I don't take public transit. 	32 %
<ul style="list-style-type: none"> • I work from home. 	8 %

In the event that a mobile application were made available to help track the virus in the community, would you download this application?

		18 34	35 54	55 69	70+	M	F
• Yes	42 %	37 %	39 %	38 %	65 %	43 %	41 %
Q8. Apprehensions toward downloading the app							
• Privacy concerns	58 %	68 %	62 %	51 %	38 %	59 %	57 %
• Data sharing concerns	27 %	17 %	27 %	34 %	33 %	24 %	30 %

Just over 4 in 10 respondents would download a mobile application to help track the virus in the community if such a tool became available. The remainder (58%) are concerned about privacy issues, mainly those under 35 years of age (68%).

Do you think a second wave of COVID-19 could occur in the next few months?

	YES	18 34	35 54	55 69	70+	M	F
• YES, I believe a second wave could occur soon.	74 %	82 %	75 %	73 %	64 %	70 %	79 %
• YES, I am worried about this more aggressive second wave.	52 %	48 %	51 %	54 %	57 %	45 %	58 %

Three-quarters of Quebecers believe that a second wave of COVID-19 could occur soon, which is of great concern to half of them (52%). This finding is observed with equal intensity in all categories of analysis.

Which of the following options do you think is the most appropriate to control a possible second wave?

	YES	18 34	35 54	55 69	70+	M	F
<ul style="list-style-type: none"> • Systematic and random screening in the population 	24 %	23 %	26 %	22 %	26 %	24 %	24 %
<ul style="list-style-type: none"> • Mandatory isolation of persons with symptoms of COVID-19 	30 %	37 %	31 %	28 %	20 %	30 %	30 %
<ul style="list-style-type: none"> • The use of mobile applications in order to trace the virus in the population 	5 %	5 %	4 %	5 %	6 %	5 %	4 %
<ul style="list-style-type: none"> • Making wearing masks mandatory in public places 	27 %	13 %	24 %	33 %	41 %	26 %	27 %
<ul style="list-style-type: none"> • Return to assembly restrictions 	15 %	22 %	14 %	13 %	7 %	15 %	14 %

According to respondents, there are three options available to control a possible second wave of COVID-19.

1. Mandatory isolation of people with symptoms (30%), the opinion being especially popular among those under 35 years of age (37%).
2. Making wearing masks mandatory in public places (27%), which is a popular opinion (41%) among those 70 years of age and older.
3. Systematic and random screening.