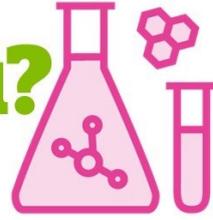


# C VID-19

December  
2020

## How is it for you?



**40 people told us:**

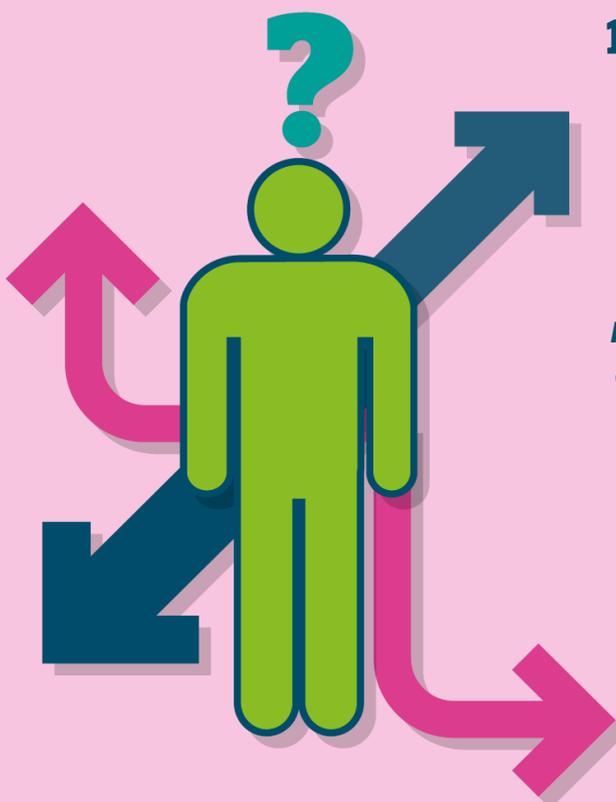
**25** felt the pandemic  
had affected their  
mental health

**20** felt the pandemic  
had affected their  
physical health



**6** had experienced  
symptoms  
**2** tested positive  
**4** tested negative

*Gyms being closed on and off, as well as working from home has massively reduced the amount of exercise I get*



**17 people said they understood all of the public information:**

*'Although I understand it, sometimes it seems to be illogical'*

*'I understand it but think some of the rules don't make sense e.g. allowing non essential shops to open and restaurants have to close'*

**20 people said they were a bit confused:**

*'A clear and simple flowchart would help people clarify what is and isn't allowed. Much underrated method but, if clear, would do the job'*

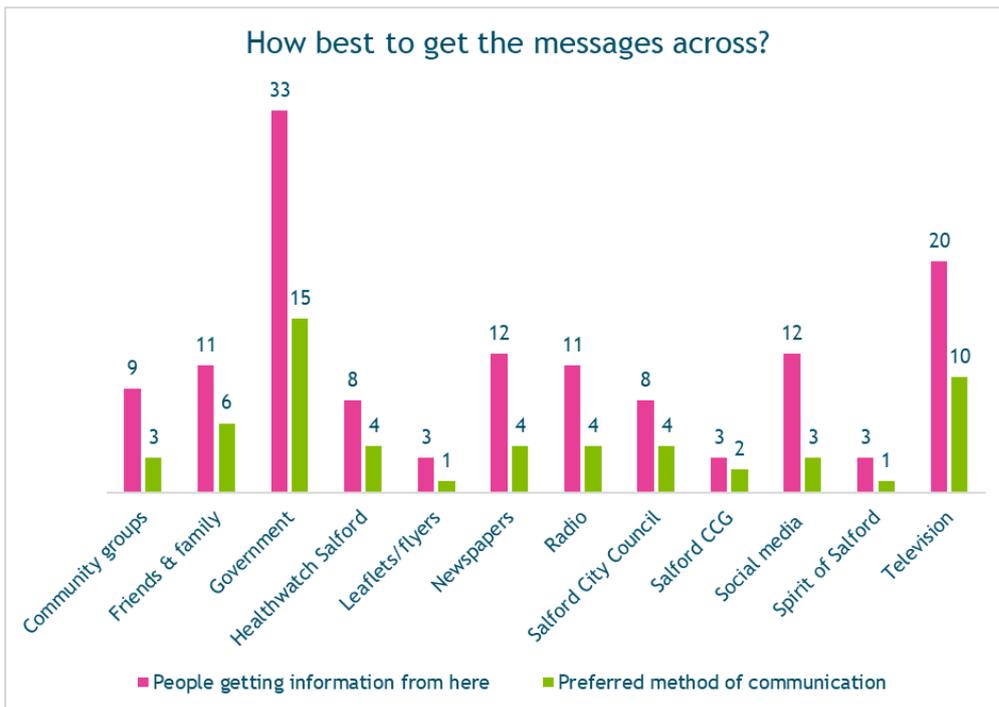
# Summary

6 people had experienced COVID-19 symptoms during the last month, with 2 of them testing positive. The majority of people who had experienced a COVID-19 test said the process was easy with one telling us they found the home test difficult to book at the time with conflicting advice given in that they directed to websites and advised to phone, but then when they phoned they were told by a recorded message not to phone.

25 people felt that the pandemic had affected their mental health. Anxiety and depression triggered by the uncertainty and isolation has been a common theme throughout this pandemic and this month has seen an increase in these comments. Business owners talked about their businesses being open and then closed, then open and closed again. Teaching staff told us that whilst they were on hand to give advice to parents and students and most government announcements about schools usually came at the start of a holiday or weekend which virtually wiped these essential rest periods out.

20 people also told us that they felt the pandemic had affected their physical health with the lack of exercise being the most common cause for concern. People mentioned about the closure of gyms and prolonged illness following COVID-19 as contributing factors to being less active and in turn, gaining weight. One person also told us that they thought they were drinking alcohol more .

30 people needed to access health or care services during the last month with 20 of those being able to access the service that they required. 10 however could not access a range of services including GP's, dental services and various outpatient departments.



The majority of people have sought their information on the pandemic from the Government or by watching the television, during the last month. This was followed by newspapers, radio, social media and talking with friends and family as other popular ways.

17 of them felt that they understood all of the information with 20 still feeling a bit confused.

Despite this, people said that getting information from the Government and over the television, was the preferred way to stay informed about the pandemic.

Whilst this summary concludes our 3 month glance at how the pandemic is affecting the Salford community, we are still very keen to hear of peoples continued experience during these difficult times. To let us know how it's been for you, please contact us by one of the ways below.

If you have any further questions about this survey or Healthwatch Salford in general, please don't hesitate to contact us on the details below.