
PANDEMIC OR COVID-19 FATIGUE: A KEY BATTLEFRONT IN THE FIGHT AGAINST THE VIRUS

JACK JEDWAB,

PRESIDENT OF THE ASSOCIATION FOR CANADIAN STUDIES

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INTRODUCTION

On July 24th, Canada's Chief Medical Officer Dr. Teresa Tam urged "...all Canadians, particularly younger adults, to not give in to COVID-19 fatigue." Psychologists offer multiple definitions of Pandemic Fatigue but in regards to COVID-19 they generally concur that one of its principal outcomes is the becoming complacent in facing the need to remain very vigilant with the second wave of the virus and hence getting tired of abiding by restrictions. Lockdown and restrictions make for rarely encountered emotional and psychological challenges. Feelings of relief emerge when restrictions are eased, with the reopening of schools restaurants and gyms amongst other things. With earlier phased-in lockdowns the rules seemed clearer or were at least fairly unambiguous to many people. But some of what is described as pandemic fatigue is caused by confusing public health messaging and personal/ individual decisions to interpret such messaging in one's own manner. As varying types and degrees of restriction are reintroduced following the resurgent numbers of cases over the past few weeks it may at times seem less apparent as to what we should and shouldn't do (the reopening of schools is a source of particular confusion as regards warnings about the risk of not practicing physical distancing). Perhaps the one area that best illustrates the sense of pandemic fatigue between the first and second waves of the virus is the extent to which we visit family and friends as revealed in the analysis below which compares the rates of such visiting for the week prior to Easter and Thanksgiving.

METHODOLOGY

- The findings arise from a survey conducted via web panel by Leger in partnership with the Association for Canadian Studies between October 2nd to October 4th 2020 with 1523 Canadians (412 Quebecers) and while no margin of error can be associated with a non-probability sample for comparative purposes the national sample would have a margin of error of $\pm 2.5\%$, 19 times out of 20

FROM ONE IN EIGHT CANADIANS AT EASTER TIME TO A MAJORITY OF CANADIANS VISITING FAMILY AND FRIENDS AS WE APPROACH THANKSGIVING

Visit your friends and family - In the past week, have you done any of the following:						
	Total	Man	Woman	18-34	35-54	55+
Oct 2 to 4	54%	54%	55%	57%	53%	53%
April 10-12	12%	14%	10%	18%	13%	7%

QUEBECERS AND ONTARIANS ARE LEAST LIKELY TO VISIT FAMILY AND FRIENDS THIS THANKSGIVING BUT THEY ARE FAR MORE LIKELY TO DO SO THAN THEY WERE AT EASTER TIME

	Visit your friends and family - In the past week, have you done any of the following								
	Atl.	QC	ON	MB/SK	AB	BC	French	English	Others
Oct 2 to 4	66%	50%	50%	64%	60%	58%	51%	58%	43%
April 10-12	10%	8%	13%	16%	15%	14%	6%	14%	14%

MONTREAL SLIGHTLY AHEAD OF TORONTO AND OTTAWA USING PUBLIC TRANSIT AND GOING TO RESTAURANTS BUT LESS INCLINED TO RECEIVE PEOPLE AT HOME OR ATTEND GATHERINGS

October 2-4, 2020	Over the past week have you done any of the following?		
	Montreal	Toronto	Ottawa
Visited family and friends outside of your home	48	43	47
Used public transit	28	18	17
Attended an indoor gathering with more than 6 people	7	13	13
Eaten at a restaurant	33	27	19
Had people at my home that were not living with me	26	34	37
Overall score	28.4	27	26.6

NEARLY HALF OF QUEBECERS INDICATING THAT THEY WOULD COMPLY WITH PREMIER LEGAULT'S DIRECTIVE ACKNOWLEDGED VISITING FAMILY AND FRIENDS OUTSIDE THEIR HOMES DURING THE WEEK OF SEPTEMBER 28TH

Over the past week have you done any of the following? October 2-4	With the recent rise of cases of COVID-19, Quebec Premier Francois Legault has asked Quebecers to NOT visit their family or friends outside of their home for the month of October, which of the following best represents your point of view on this	
	I will completely obey this appeal by the Premier	I will reduce such activity, but still visit with some family and friends outside my home
Have NOT Visited family and friends outside of your home	55.5%	32.6%
Visited family and friends outside of your home	44.5%	67.4%
Total	100.0%	100.0%

COVID-19 ASIDE, US REPUBLICANS AND CANADIAN CONSERVATIVES ARE SOMEWHAT MORE OUT AND ABOUT

October 2-4, 2020	Over the past week have you done any of the following?					
	Canada	United States	US Republicans	US Democrats	Canadian Liberals	Canadian Conservatives
Visited family and friends outside of your home	54%	51%	61%	44%	54%	56%
Used public transit	13%	13%	11%	17%	15%	8%
Attended an indoor gathering with more than 6 people	14%	21%	24%	20%	15%	17%
Eaten at a restaurant	33%	35%	46%	28%	29%	41%
Had people at my home that were not living with me	37%	32%	35%	29%	35%	42%

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Author: Jack Jedwab.

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