In recent months COVID-19 has affected Greater Cincinnati in ways beyond causing illness, such as through job or income loss, lack of child care, and social isolation. Safety precautions such as social distancing are necessary but may negatively affect health in other ways. The Greater Cincinnati COVID-19 Health Issues Survey asked Greater Cincinnati adults how the pandemic has affected their mental and physical health.

MENTAL HEALTH since pandemic began (March 2020)
- 32% say it has worsened
- 61% say it has stayed the same
- 7% say it has gotten better

PHYSICAL HEALTH since pandemic began
- 16% say it has worsened
- 75% say it has stayed the same
- 8% say it has gotten better

WAYS TO COPE
- The Centers for Disease Control and Prevention recommends:
  - Stepping away from the news and social media.
  - Taking care of your physical health.
  - Unwinding by reading a book or meditating.
  - Connecting with others for support.

The Greater Cincinnati COVID-19 Health Issues Survey was conducted between Oct. 7 and Nov. 17, 2020, to understand adult behaviors, attitudes and opinions related to the COVID-19 pandemic. A random sample of 879 adults from Greater Cincinnati was interviewed by telephone (329 landline and 520 cell phone interviews), including an oversample of African American residents. The potential margin of error for the survey is ±3.3%. The survey is a project of Interact for Health and conducted by the Institute for Policy Research at the University of Cincinnati. For more information, please visit www.interactforhealth.org/about-covid-19-survey.