Handwashing Consumer Tracker

Methodology

Food Standards Scotland (FSS) commissioned Ipsos MORI to track handwashing behaviour and attitudes during the COVID-19 pandemic and afterwards.

**This is the first of a quarterly tracker which will run for two years from July 2020 to April 2022.**

During this wave, Ipsos MORI interviewed a representative sample of 495 adults, aged 16-75 living in Scotland. Interviews were conducted online via i:Omnibus from: 10-14 July 2020. The subgroups included highlight differences across some of the questions and are therefore useful comparators. Where subgroups are reported on, the base size is provided in the footnote.

The data is weighted to best reflect the demographic profile of the adult population sampled.

Where results do not sum to 100, this may be due to computer rounding. Where appropriate the ‘not applicable’ and ‘don’t know’ responses are not shown.
Frequency of handwashing at home over time

Thinking about when you are at home, at the moment. How often, if at all, do you wash your hands...

% always

- Before cooking a meal/preparing food: W1 67%
- Before eating: W1 44%
- After contact with animals (inc. pets): W1 40%
- After handling rubbish: W1 75%
- When you get home after a trip away from home: W1 59%

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Frequency of handwashing at home over time

Thinking about when you are at home, at the moment. How often, if at all, do you wash your hands...?

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Frequency of handwashing at home over time

Thinking about when you are at home, at the moment. How often, if at all, do you wash your hands...

% never

- Before cooking a meal/preparing food: 1%
- Before eating: 3%
- After contact with animals (inc. pets): 3%
- After handling rubbish: 1%
- When you get home after a trip away from home: 1%

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Handwashing methods at home over time

Thinking about when you are at home at the moment, how often do you wash your hands in each of the following ways?

- With water only: 1%
- With soap/handwash and cold water: 2%
- With sanitising wipes or gel: 1%
- With soap/handwash and warm water: 27%

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Handwashing methods at home over time

Thinking about when you are at home at the moment, how often do you wash your hands in each of the following ways?

% most/sometimes

- With water only: W1 31%
- With soap/handwash and cold water: W1 52%
- With sanitising wipes or gel: W1 49%
- With soap/handwash and warm water: W1 64%

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Handwashing methods at home over time

Thinking about when you are at home at the moment, how often do you wash your hands in each of the following ways?

% never

- With water only: W1 63%
- With soap/handwash and cold water: W1 42%
- With sanitising wipes or gel: W1 46%
- With soap/handwash and warm water: W1 6%

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Time spent handwashing over time

When you are at home, typically how many seconds do you spend washing your hands each time?

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Frequency of handwashing when eating outside the home

Thinking about when eating outside of your home at the moment. How often, if at all, do you wash your hands, or use hand sanitising wipes or gels, before eating in the following situation?

% always

- 10-14 July (W1)
  - A picnic outside of the home: 12%
  - Eating in a restaurant: 11%
  - Consuming a take-away outside of the home: 16%
  - Eating snacks (like crisps, nuts, raisins or an ice cream) with your hands outside of the home: 18%

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Frequency of handwashing when eating outside the home

Thinking about when eating outside of your home at the moment. How often, if at all, do you wash your hands, or use hand sanitising wipes or gels, before eating in the following situation?

<table>
<thead>
<tr>
<th>% most/sometimes</th>
<th>10-14 July (W1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A picnic outside of the home</td>
<td>W1 27%</td>
</tr>
<tr>
<td>Eating in a restaurant</td>
<td>W1 25%</td>
</tr>
<tr>
<td>Consuming a take-away outside of the home</td>
<td>W1 26%</td>
</tr>
<tr>
<td>Eating snacks (like crisps, nuts, raisins or an ice cream) with your hands outside of the home</td>
<td>W1 34%</td>
</tr>
</tbody>
</table>

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Frequency of handwashing when eating outside the home

Thinking about when eating outside of your home at the moment. How often, if at all, do you wash your hands, or use hand sanitising wipes or gels, before eating in the following situation?

% never

- A picnic outside of the home: W1 4%
- Eating in a restaurant: W1 5%
- Consuming a take-away outside of the home: W1 6%
- Eating snacks (like crisps, nuts, raisins or an ice cream) with your hands outside of the home: W1 10%

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Frequency of handwashing when eating outside the home

Thinking about when eating outside of your home at the moment. How often, if at all, do you wash your hands, or use hand sanitising wipes or gels, before eating in the following situation?

% I am not doing this activity at the moment

- **A picnic outside of the home**
  - **W1 56%**

- **Eating in a restaurant**
  - **W1 59%**

- **Consuming a take-away outside of the home**
  - **W1 53%**

- **Eating snacks (like crisps, nuts, raisins or an ice cream) with your hands outside of the home**
  - **W1 38%**

**Base:** 495 Online Scotland adults 16-75, 10-14 July 2020
Prevalence of sore hands as a result of handwashing

Does frequently washing your hands result in you having sore hands?

Base: 495 Online Scotland adults 16-75, Male (287), Female (208),
10-14 July 2020

- Total: 39% Yes, 61% No
- Male: 28% Yes, 72% No
- Female: 50% Yes, 50% No

▲ = significantly higher than the total
▼ = significantly lower than the total
Impact of sore hands on handwashing

What impact, if any, does getting sore hands have on the frequency with which you wash your hands?

<table>
<thead>
<tr>
<th>100%</th>
<th>Wash hands more</th>
<th>No difference</th>
<th>Wash hands less</th>
<th>Avoid washing hands</th>
</tr>
</thead>
<tbody>
<tr>
<td>80%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>60%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>40%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

10-14 July (W1) (W2) (W3) (W4)

Base: 178 Online Scottish adults 16-75 with sore hands, 10-14 July 2020
Frequency of handwashing

At the moment, how often, if at all, do you wash your hands…?

% always

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Frequency of handwashing

At the moment, how often, if at all, do you wash your hands…?

% most/sometimes

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Frequency of handwashing

At the moment, how often, if at all, do you wash your hands...

% never

Base: 495 Online Scotland adults 16-75, 10-14 July 2020

*% = less than 1%
Impact when handwashing facilities are not available

At the moment what action, if any, do you usually take if handwashing facilities are not available?

After using public transport

<table>
<thead>
<tr>
<th>Action</th>
<th>Base: 495 Online Scotland adults 16-75, 10-14 July 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don’t take action and live with it</td>
<td>W1 4%</td>
</tr>
<tr>
<td>I carry and use hand sanitising gel</td>
<td>W1 20%</td>
</tr>
<tr>
<td>I carry and use wet wipes or tissues</td>
<td>W1 5%</td>
</tr>
<tr>
<td>I wash my hands at the next available opportunity</td>
<td>W1 14%</td>
</tr>
<tr>
<td>I am not doing this activity at the moment</td>
<td>W1 57%</td>
</tr>
</tbody>
</table>
Impact when handwashing facilities are not available

At the moment what action, if any, do you usually take if handwashing facilities are not available?

Before drinking in a pub

<table>
<thead>
<tr>
<th>Action</th>
<th>W1</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don’t take action and live with it</td>
<td>5%</td>
</tr>
<tr>
<td>I carry and use hand sanitising gel</td>
<td>15%</td>
</tr>
<tr>
<td>I carry and use wet wipes or tissues</td>
<td>6%</td>
</tr>
<tr>
<td>I wash my hands at the next available opportunity</td>
<td>7%</td>
</tr>
<tr>
<td>I am not doing this activity at the moment</td>
<td>67%</td>
</tr>
</tbody>
</table>

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
### Impact when handwashing facilities are not available

At the moment what action, if any, do you usually take if handwashing facilities are not available?

#### Attending a sports event

<table>
<thead>
<tr>
<th>Action</th>
<th>W1 (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don’t take action and live with it</td>
<td>5%</td>
</tr>
<tr>
<td>I carry and use hand sanitising gel</td>
<td>14%</td>
</tr>
<tr>
<td>I carry and use wet wipes or tissues</td>
<td>3%</td>
</tr>
<tr>
<td>I wash my hands at the next available opportunity</td>
<td>8%</td>
</tr>
<tr>
<td>I am not doing this activity at the moment</td>
<td>70%</td>
</tr>
</tbody>
</table>

**Base:** 495 Online Scotland adults 16-75, 10-14 July 2020
Impact when handwashing facilities are not available

At the moment what action, if any, do you usually take if handwashing facilities are not available?

Attending a social event

- I don't take action and live with it: W1 5%
- I carry and use hand sanitising gel: W1 20%
- I carry and use wet wipes or tissues: W1 4%
- I wash my hands at the next available opportunity: W1 13%
- I am not doing this activity at the moment: W1 59%

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Frequency of handwashing facilities being unavailable

How often, if at all, do you find handwashing facilities are not available or not usable in the following places at the moment?

% always

<table>
<thead>
<tr>
<th>Place</th>
<th>W1 13%</th>
<th>W1 6%</th>
<th>W1 6%</th>
<th>W1 5%</th>
<th>W1 6%</th>
<th>W1 11%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Takeaways</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cafes and restaurants</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pubs/clubs</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Sports and music events</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cinema and theatre venues</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Public toilets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Frequency of handwashing facilities being unavailable

How often, if at all, do you find handwashing facilities are not available or not usable in the following places at the moment?

% most/sometimes

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Frequency of handwashing facilities being unavailable

How often, if at all, do you find handwashing facilities are not available or not usable in the following places at the moment?

% never

<table>
<thead>
<tr>
<th>Place</th>
<th>W1</th>
<th>W1</th>
<th>W1</th>
<th>W1</th>
<th>W1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Takeaways</td>
<td>6%</td>
<td>5%</td>
<td>4%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Cafes and restaurants</td>
<td>6%</td>
<td>5%</td>
<td>4%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Pubs/clubs</td>
<td>6%</td>
<td>5%</td>
<td>4%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Sports and music events</td>
<td>6%</td>
<td>5%</td>
<td>4%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Cinema and theatre venues</td>
<td>6%</td>
<td>5%</td>
<td>4%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Public toilets</td>
<td>8%</td>
<td>5%</td>
<td>4%</td>
<td>4%</td>
<td>5%</td>
</tr>
</tbody>
</table>

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Frequency of handwashing facilities being unavailable

How often, if at all, do you find handwashing facilities are not available or not usable in the following places at the moment?

% I am not doing this activity at the moment

10-14 July (W1)

- Takeaways: W1 58%
- Cafes and restaurants: W1 69%
- Pubs/clubs: W1 72%
- Sports and music events: W1 77%
- Cinema and theatre venues: W1 75%
- Public toilets: W1 64%

Base: 495 Online Scotland adults 16-75, 10-14 July 2020
Handwashing Consumer Tracker
Wave 1: July 2020

For more information
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