UKRAINE: COVID-19
Knowledge, Attitudes, and Practices Assessment

Government Controlled Areas of Donetsk and Luhansk

Round 3: November 2020

INTRODUCTION

Entering its 7th year, the armed conflict in Eastern Ukraine is still active with 3.4 million people in need of humanitarian assistance[1]. The COVID-19 pandemic has further compounded the ongoing crisis; as of December 8th the number of confirmed cases of COVID-19 had surpassed 800,000 in the country[2]. Actors including the World Health Organization (WHO) and oblast administrations expect that this is an under-representation of the situation, with levels of testing roughly equivalent to one confirmed case for every 14 tests completed, substantially higher than the WHO-recommended 5% positive samples[2,3,4]. The population in Ukraine is particularly vulnerable to the COVID-19 outbreak, due to both an ageing population and high rates of chronic illness such as multidrug-resistant tuberculosis, heart disease, diabetes[5]. Between the Government and Non-Government Controlled Areas (GCA and NGCA) of Donetsk and Luhansk Oblasts, elderly individuals account for almost one third (32%) of people in need – the highest proportion among humanitarian crises worldwide[1].

With the fastest-growing domestic number of COVID-19 cases during the month of November[2], community engagement in infection prevention and control (IPC) practices is essential to stemming the spread of the virus. To inform humanitarian partners responding to the COVID-19 outbreak, the Knowledge, Attitudes, and Practices Assessment (KAPA) was launched to evaluate the degree to which populations have access to and use information on COVID-19 and the recommended actions for reducing the risk of infection and transmission. It also seeks to understand household attitudes towards COVID-19 messaging, uptake of recommended preventative practices, as well as access to essential healthcare services and water and hygiene materials required to observe IPC measures. This third round focused on GCA residents, and data collection and analysis were completed in partnership with the Kyiv International Institute of Sociology (KIIS) between 16 October and 1 November 2020. A total of 1.601 household surveys were completed via Computer-Assisted Telephone Interviews (CATI) using stratified simple random sampling of non-comprehensive resident lists. Findings are therefore representative with a 95% confidence level and a 5% margin of error, but may not be generalisable to all households in Donetsk and Luhansk oblasts in GCA. Settlements for the randomly selected respondents can be seen on the assessment coverage map on page 2. Findings presented in this factsheet may not include answers such as "Don't know" or "Decline to answer" and total percentages may therefore not sum to 100%. The full activity terms of reference can be accessed at this link.

Throughout this factsheet, findings for round 1 (July-August 2020) are displayed for comparison purposes (advisory only). Round 2 of the KAPA (September-October 2020) was conducted in NGCA and can be accessed on the REACH Resource Centre or following the clickable link.

1. United Nations Office for the Coordination of Humanitarian Affairs (OCHA). Humanitarian Needs Overview (HNO). Ukraine. 2020.
2. Official information portal of the Cabinet of Ministers of Ukraine.
3. Organisation for Economic Cooperation and Development (OECD). The COVID-19 crisis in Ukraine. September 2020.
4. World Health Organization (WHO). Public health criteria to adjust public health and social measures in the context of COVID-19. 2020.
5. Institute for Health Metrics and Evaluation. Ukraine.

KEY FINDINGS

TRENDS IN COVID-19 KNOWLEDGE

- The perception of epidemiological trends in COVID-19 in Ukraine has changed considerably, with the majority of respondents in GCA now believing that COVID-19 is increasing in Ukraine (76% compared to 36% in round 1).
- The proportion of respondents who suspect someone they know to have contracted COVID-19 is also on the rise (from 3% to 19%). This may be in line with the slight increase in the proportion of respondents who believe that COVID-19 is a contagious disease (from 79% to 84%).
- Reported knowledge on other COVID-19 transmission dynamics remained similar across rounds, with the only exception being a shift towards shorter reported time periods (2-10 days) before an infected individual would begin showing symptoms.

TRENDS IN COVID-19 ATTITUDES

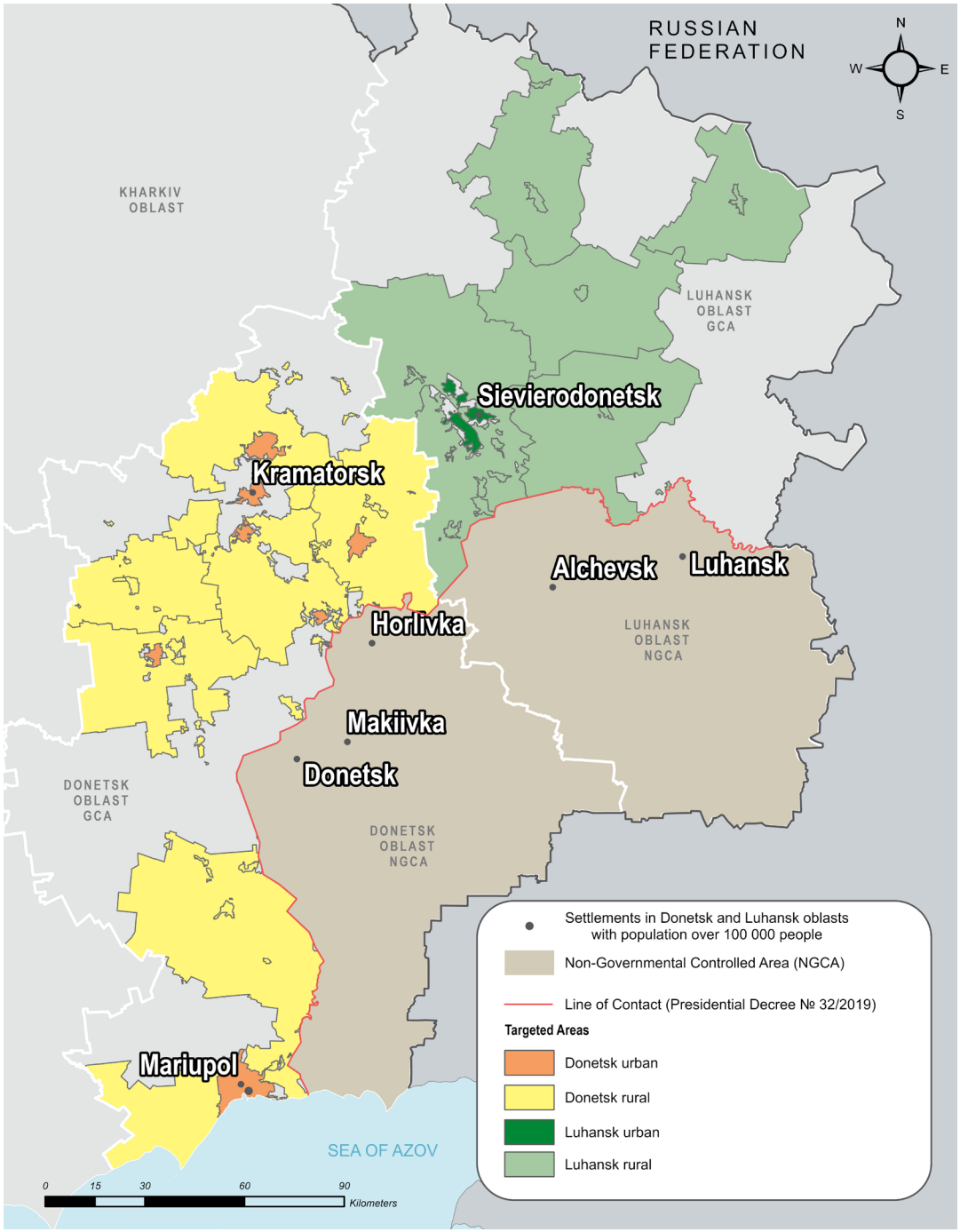
- Despite the acknowledgement of increasing COVID-19 cases nationwide, the degree to which COVID-19 is perceived as an important issue has significantly reduced. From 46% of respondends who considered it to be either "very" or "extremely important" in July-August 2020, only 7% still think so. Instead, almost half (48%) of respondents now consider COVID-19 to be "not important at all". Similarly, there is a noticeable shift from a "more" fearful perception of COVID-19 in round 1 towards a "less" fearful one in round 3.
- However, respondents have also increasingly reported greater levels of likelihood of developing the disease as compared with round 1. Particularly, the proportion of respondents who believe it is "very" or "extremely likely" to contract COVID-19 has nearly doubled from 12% to 23%.

CHANGES IN PRACTICES

- A net downtrend can be observed for all reportedly adopted preventative measures against COVID-19, with in particular handwashing and avoiding crowded areas with the largest drop in values. This suggests that, on average, respondents were reporting fewer of these measures.
- The mandatory wearing of masks in public is the sole public health measure implemented by the Government of Ukraine which achieves growing support, from 53% to 67% of respondents. All other measures did not experience any change in the reported level of support / opposition they had previously received.
- Also, an overall decrease in the level of confidence granted to formal sources of information (local and national authorities, healthcare workers) can be noted between the two rounds.

- Other notable trends include a general decrease in the proportion of respondents who have reportedly seen or heard public health advertisements between the two rounds, which could coincide with the slight rise in the share of respondents who have never sought out information on COVID-19 in the two weeks prior to the assessment (from 43% to 49%). Generally speaking, respondents have reported to be seeking out information less regularly than during round 1.
- Eventually, a net decline in the proportion of respondents who can recall measures implemented by the Government can be observed, with the main change for quarantine (from 54% to 20%).

Map 1: Assessed settlements in Donetsk and Luhansk (GCA)

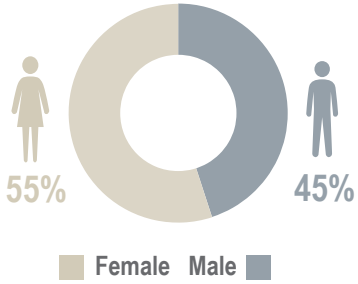


DEMOGRAPHICS

Breakdown of respondents by age:

18-29	13%
30-39	20%
40-49	17%
50-59	16%
60-69	17%
70+	18%

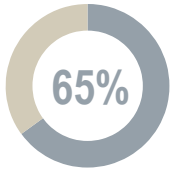
Breakdown of respondents by gender:



55% of households had **at least one member over the age of 60**

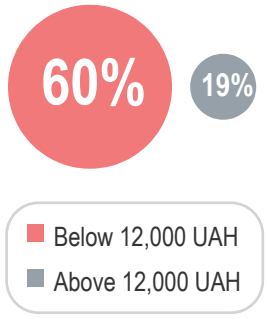
40% of respondents **were internally displaced** (both with or without status)

24% of households had **children under the age of 15**



of households had at least **one member with a disability or underlying health condition**

Average monthly household income reported, as above or below the national average[7] in Ukrainian hryvnia (UAH):



35% of households that had a member with a disability, reported the following difficulties[6]:

- 21% Seeing even while wearing glasses
- 11% Walking or climbing stairs
- 5% Memorisation or concentration
- 5% Self-care (washing or dressing)
- 5% Hearing even if using a hearing aid
- 2% Using usual language

58% of households that had a member with an underlying health condition, reported the following conditions[6]:

- 32% Hypertension, high blood pressure
- 16% Serious heart condition
- 10% Other ongoing chronic illness
- 10% Diabetes
- 5% Chronic lung disease
- 4% Oncology, cancer
- 4% Moderate to severe asthma

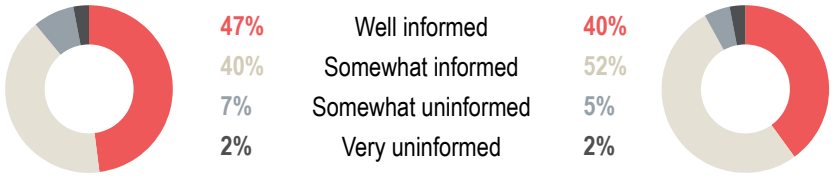
6. Multiple answers were allowed for this question.
7. National average monthly wage from September 2020, from State Statistics Service of Ukraine.

KNOWLEDGE OF COVID-19

% of respondents reporting **trends in Ukraine's COVID-19 prevalence**:

	Round 3		Round 1
Increasing	76%		36%
Decreasing	2%		20%
Staying the same	14%		31%

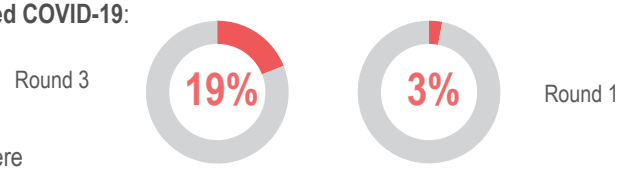
% of respondents considering themselves to be **knowledgeable about COVID-19**:



	Round 3	Round 1
Well informed	47%	40%
Somewhat informed	40%	52%
Somewhat uninformed	7%	5%
Very uninformed	2%	2%

% of respondents who believe COVID-19 is a **contagious disease**:

% of respondents who suspected that a member of their household, family or someone they knew had **contracted COVID-19**:



Groups of individuals most at risk of severe COVID-19 infection identified by respondents[6]:

	Round 3	Round 1
Elderly individuals (65+)	53%	57%
Underlying health conditions	20%	18%
Everyone	18%	14%
Weakened immune systems	16%	15%
Healthcare workers	11%	9%
Children	8%	12%
Do not know	8%	6%

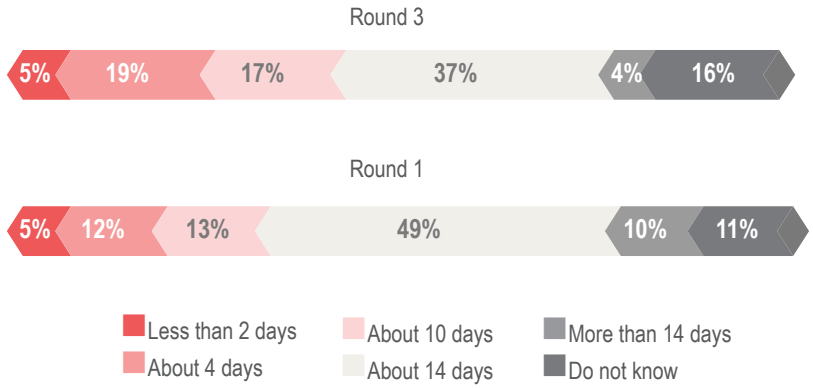
% of respondents reporting the **primary modes of COVID-19 transmission**[6]:

	Round 3		Round 1
Coughing	73%		76%
Contact with infected individuals	46%		47%
Contact with infected surfaces	20%		22%
Contaminated meat and dairy	6%		4%
Do not know	7%		6%

% of respondents reporting the **main symptoms of COVID-19**[6]:

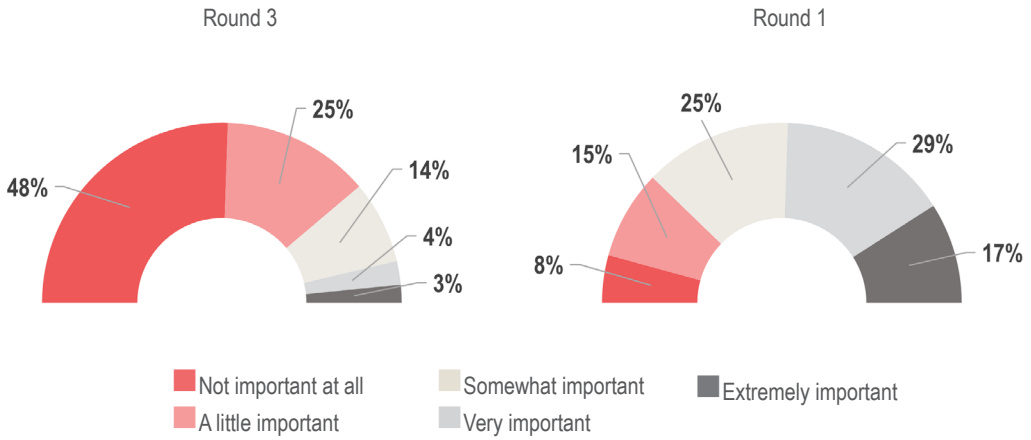
	Round 3		Round 1
Fever	85%		92%
Dry cough	58%		73%
Loss of taste or smell	41%		5%
Shortness of breath	30%		43%
Tiredness	14%		16%
Sore throat	7%		7%
Headache	5%		5%

% of respondents reporting the **period of time after being infected with COVID-19 before someone would show symptoms**:



PERCEPTIONS OF COVID-19

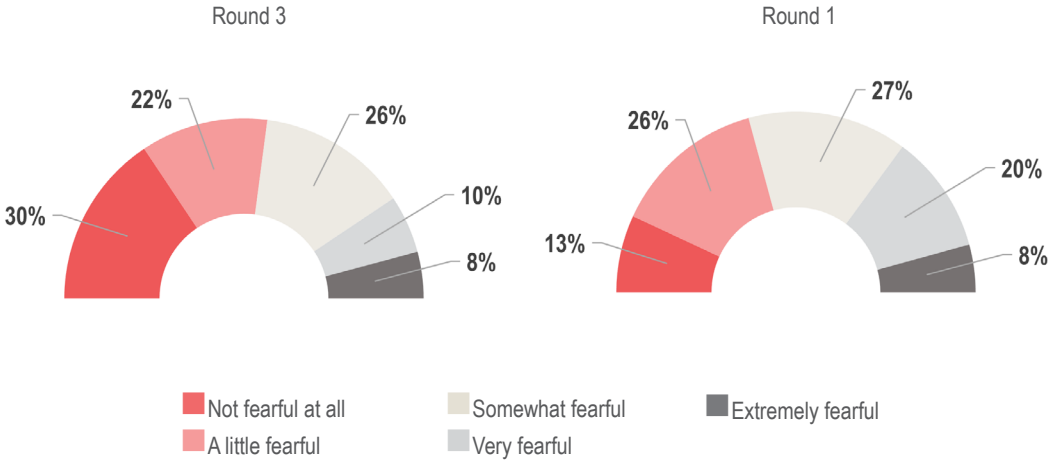
% of respondents reporting the **degree to which they consider COVID-19 an important issue**:



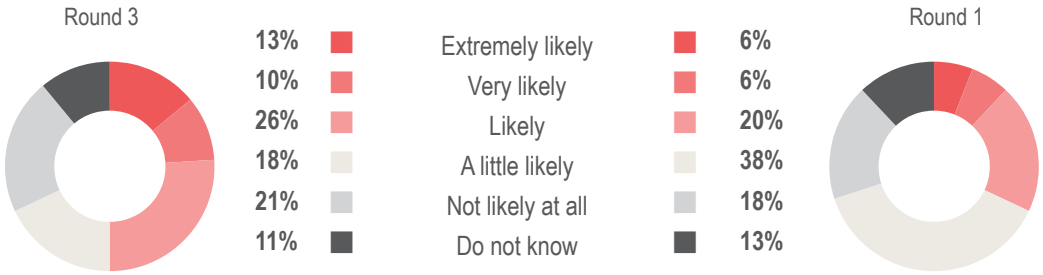
Three most commonly reported concerns relating to COVID-19, by % of respondents[6]:

	Round 3	Round 1
No concerns	30%	34%
Loss of income	14%	11%
Problems with public transport	13%	12%
Loss of job	9%	10%
'Contact Line' closed / restrictions on movement	9%	N/A
Lack of social interaction	9%	14%
Increase in the value / lack of goods	9%	9%
Inability to access healthcare	7%	3%

% of respondents reporting **how fearful they feel about COVID-19**:



% of respondents reporting their **perceived likelihood of contracting COVID-19**:



KNOWLEDGE & UPTAKE OF IPC BEHAVIOURS

Personal preventative measures

Most commonly cited preventative measures against COVID-19, by proportion of respondents[6]:

	Round 3	Round 1
Wearing a facemask	74%	79%
Hand-washing	64%	77%
Avoiding crowded areas	37%	47%
Social distancing in public	33%	42%
Avoid contact with sick persons	16%	22%
Staying home when sick	15%	22%
Avoid touching face	14%	26%
Hygienic coughing practices	11%	21%
None	3%	4%

Behaviour change

% of respondents reporting the **recommended distance to stand from others** to avoid COVID-19 infection:

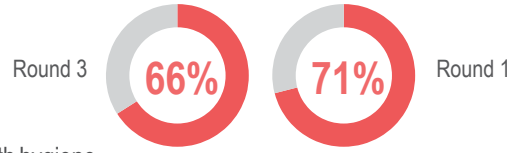
Round 3		Round 1
6%	About 1 metre	5%
60%	About 1.5 metres	63%
20%	About 2 metres	20%
0%	More than 2 metres	7%

% of respondents reporting **how they usually greeted people outside of their household** (during 2 weeks prior to data collection)[6]:

Round 3		Round 1
41%	Verbally (1.5 metres apart)	32%
23%	Have not met anyone	23%
19%	Shake hands	25%
15%	Verbally (less than 1.5m apart)	15%
5%	Hug	8%

Barriers and challenges

% of respondents who reported that they had **no problems with hygiene** in their household:



Among those who reported they had difficulties with hygiene in their household, the most commonly reported were:

Round 3		Round 1
13%	Reported that hygiene goods were too expensive	14%
9%	Reported limited or no access to water	10%
2%	Reported that some hygiene goods were not available	3%
1%	Reported that hygiene goods are of poor quality	3%

Primary challenges reported for elderly (60+) household members in protecting themselves against COVID-19[8]:

Round 3		Round 1
67%	No problems	73%
7%	Social networks decreased	7%
6%	Cannot afford needed supplies	8%
4%	Compliance with quarantine rules	1%
4%	Other challenges	4%
3%	Problems with transportation	1%

Primary challenges reported for households with at least one member with a disability in protecting themselves against COVID-19[9]:

Round 3		Round 1
71%	No problems	74%
11%	Other challenges	7%
5%	Difficulty with self-care	7%
4%	Problems with transportation	N/A
4%	Social networks decreased	4%
4%	Cannot afford needed supplies	N/A

8. This question was asked to a subset of 439 respondents that reported having an elderly member (60+) within their household.
9. This question was asked to a subset of 491 respondents that reported having a household member that was living with a disability.

Hygiene-related behaviours

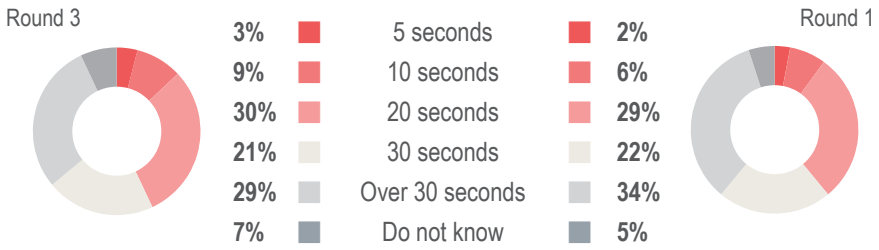
Frequency of daily hand-washing or cleaning with alcohol-based disinfectant among respondents:

Round 3		Round 1
40%	Every few hours or more	45%
15%	Three to four times a day	17%
11%	Once to twice a day	9%
5%	Less than once a day	2%
13%	Only after being outside	16%
11%	Never	9%

% of respondents reporting **times of the day that they should wash their hands**[6]:

	Round 3	Round 1
After being outside	65%	83%
As often as possible	51%	13%
Before eating	27%	36%
After contact with any objects	23%	4%
After going to the toilet	21%	27%
After shopping	20%	29%
After contact with people / animals	15%	3%

% of respondents reporting **duration of time spent washing hands**:



% of respondents reporting **how they would wash their hands if soap was unavailable**:

% of respondents that **disinfect items in their homes**[6]	Round 3	Round 1
Cell phones	47%	59%
Keys	20%	25%
Wallet	19%	22%
TV Remote	19%	27%
Laptop / tablets	11%	18%
Shopping products	11%	22%
None of the above	**38%**	**28%**

% of respondents that d**isinfect surfaces in their homes**[6]	Round 3	Round 1
Door handles / knobs	54%	64%
Bathroom	26%	38%
Tables	26%	37%
Kitchen surfaces	26%	37%
Light switches	23%	33%
Cupboard handles	21%	31%
Kitchen appliances	19%	28%
None of the above	**35%**	**25%**

HEALTH-SEEKING BEHAVIOURS

% of respondents reporting **actions they would take in the case of mild COVID-19 symptoms**[6,10]:

Round 3		Round 1
49%	Call your family doctor	58%
17%	Go to the hospital	18%
13%	Self-medication	1%
12%	Take medication from pharmacy	8%
10%	Urgently call an ambulance	15%
10%	Follow doctors instructions	9%
9%	Stay at home	9%

% of respondents reporting **actions they would take in the case of severe COVID-19 symptoms**[6,11]:

Round 3		Round 1
50%	Urgently call an ambulance	48%
43%	Call your family doctor	46%
21%	Go to the hospital	16%
9%	Follow doctors instructions	8%
7%	Stay at home	6%
6%	Take medication from pharmacy	5%
2%	Self-medication	0%

% of respondents reporting **activities to reduce stress, anxiety and depression** during the COVID-19 outbreak[6]:

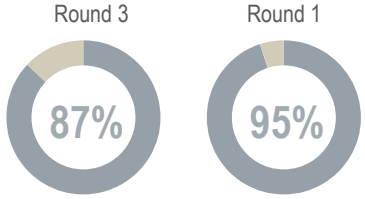
	Round 3	Round 1
Difficult to say	**30%**	**35%**
Do not panic, calm down	24%	12%
Keep up a daily routine	11%	8%
Healthy and regular meals	9%	6%
Personal hygiene	9%	12%
Take sedatives	8%	4%
Do things you enjoy	7%	11%

% of households with elderly members reporting **healthcare services elderly members were unable to access**[6,12]	Round 3	Round 1
Family doctor	**11%**	**10%**
Specialists	**10%**	**9%**
Pharmacy services	**6%**	**6%**
Other essential care	**5%**	**6%**
None of the above	**71%**	**78%**

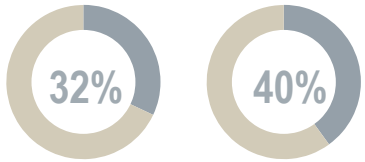
10. Mild COVID-19 symptoms were described as a dry cough, mild fever and tiredness.
11. Severe COVID-19 symptoms were described as a high temperature that did not subside, and/or difficulty breathing.
12. This question was asked to a subset of 439 respondents that reported having an elderly member (60+) within their household.

COVID-19 PUBLIC HEALTH MESSAGING

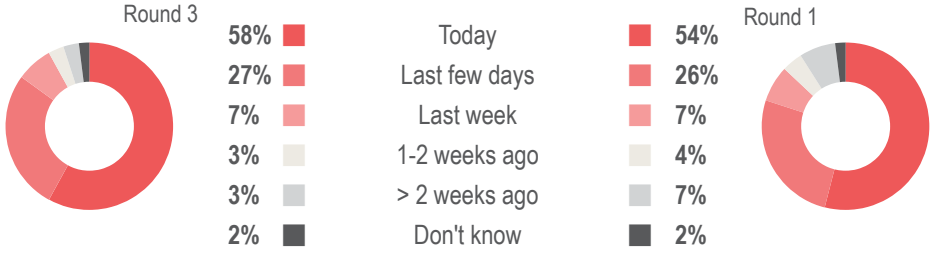
% of respondents who reported that they **had seen or heard public health advertisements with messages** on recommended COVID-19 preventative practices, since the beginning of the outbreak



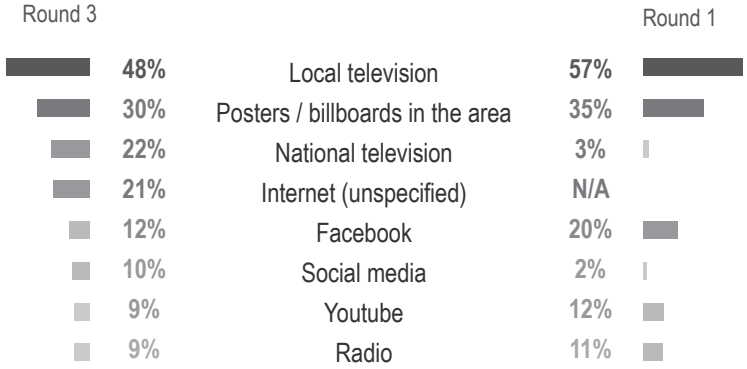
% of respondents who reported that they **had seen or heard any information materials concerning mental health and well-being** during the COVID-19 outbreak



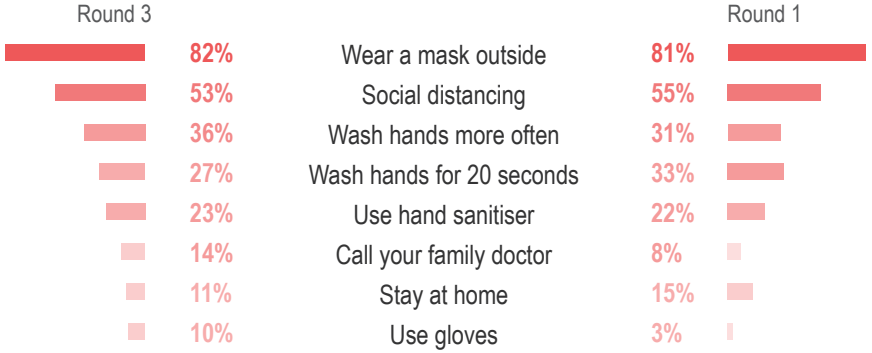
% of respondents reporting **when they saw or heard COVID-19 related public health announcements**:



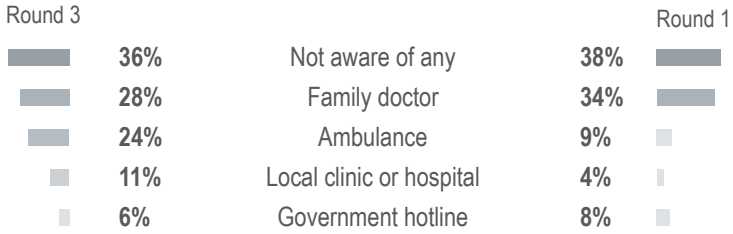
% of respondents reporting **where they had seen or heard COVID-19 related public health announcements**[6]:



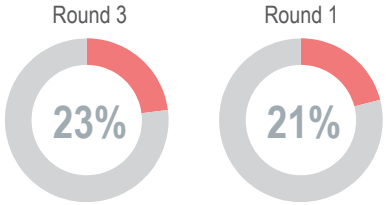
% of respondents reporting **three things that they remembered about these public health messages**[6]:



% of respondents reporting **service providers or hotlines to contact in case of concerns** relating to COVID-19[6]:

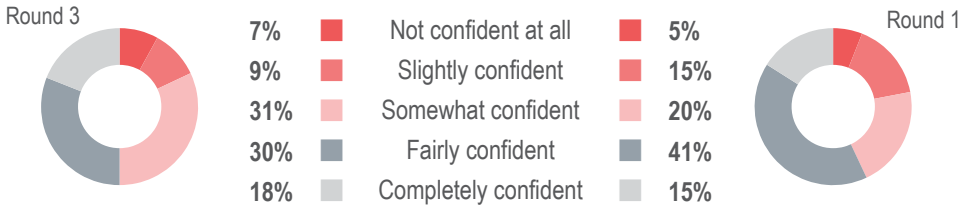


ACCESS TO INFORMATION

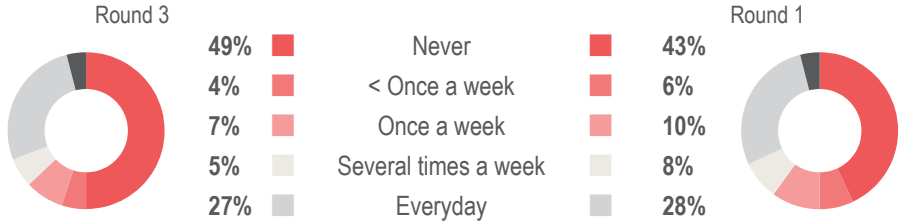


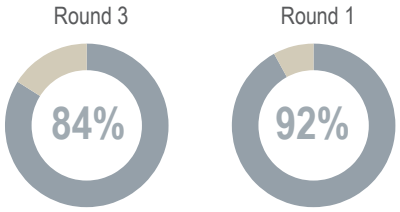
of respondents **reported not having access to the internet** either via a computer or mobile device

% of respondents reporting **how confident they feel in the reliability of information available**:



% of respondents recalling **how often they sought out information on COVID-19** in the two weeks prior to data collection:

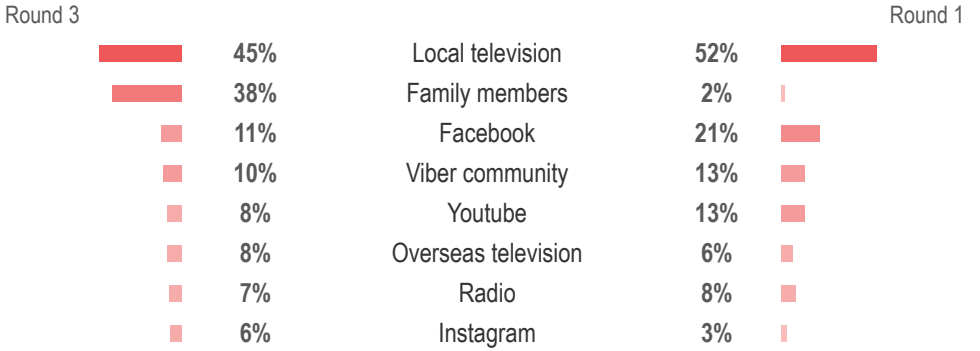


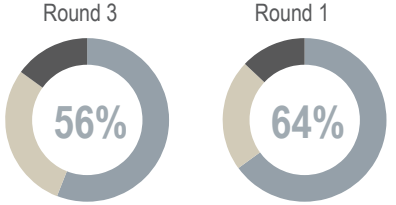


of respondents reported that they were **able to access enough information** on COVID-19

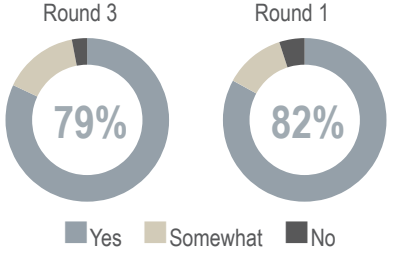
% of respondents reporting **types of further information needed on COVID-19**[6]	Round 3	Round 1
No further information needed	45%	42%
What to do in case of infection	28%	29%
How to protect the most vulnerable	21%	22%
How is the virus transmitted	18%	23%
National response measures	13%	14%

% of respondents reporting their **preferred ways of accessing information on the COVID-19 outbreak**[6]:



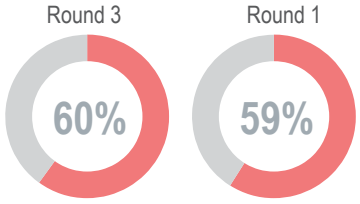


of households with children reported that there are **sufficient COVID-19 related information that is child-friendly**[13]



of households with children reported that children were **informed on recommendations to prevent COVID-19 spread**[13]

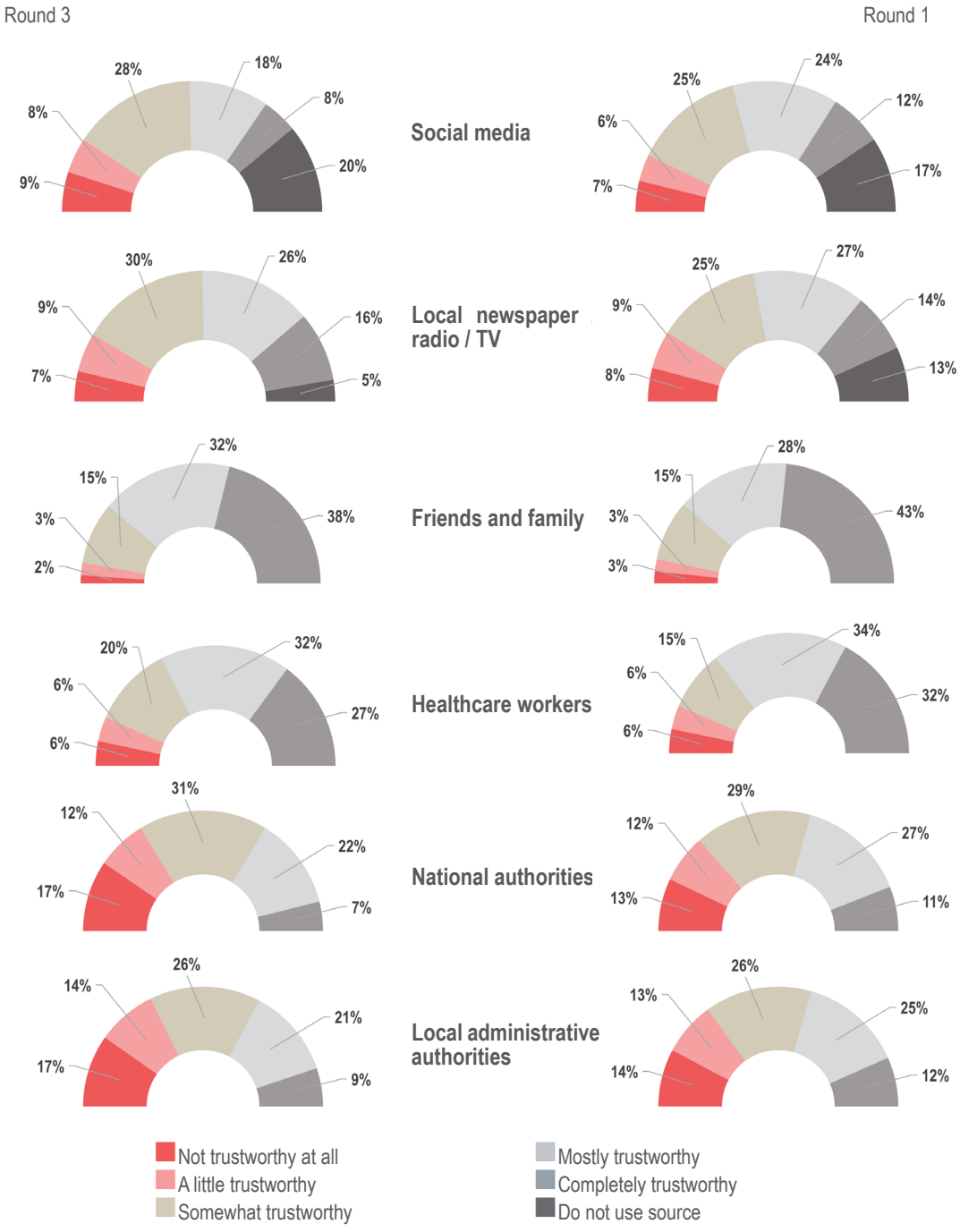
Round 3 **81%** Round 1 **87%** of households reported that COVID-19 related information is **easy to understand** and **available in accessible formats that all household members can understand**



of respondents had **heard conflicting or contradicting information on COVID-19 from friends, family or on social media**

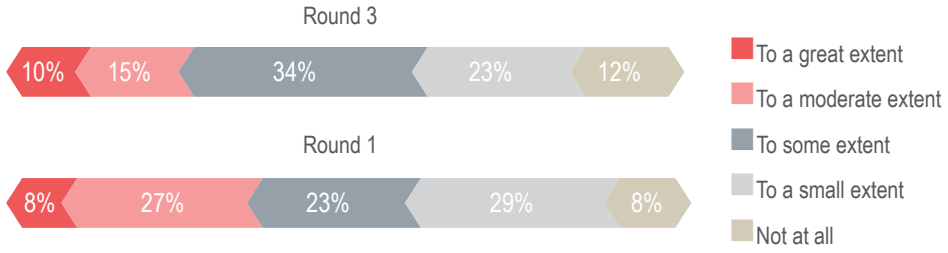
13. This question was asked to a subset of 462 respondents that reported having a household member under the age of 15.

Respondents rated the **degree of trustworthiness of the following sources of information on COVID-19**:

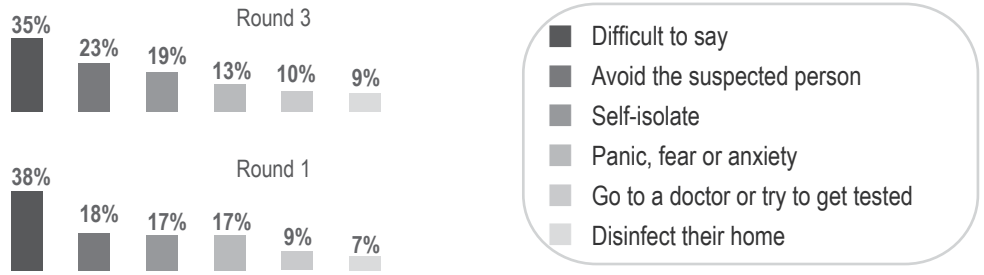


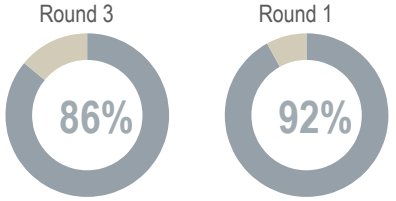
SOCIAL DYNAMICS & COMMUNITY RESPONSE

% of respondents reporting the **extent to which they felt their community has complied with social distancing measures**:



% of respondents reporting on **perceived neighbourhood reaction to a suspected COVID-19 case in their area**[6]:



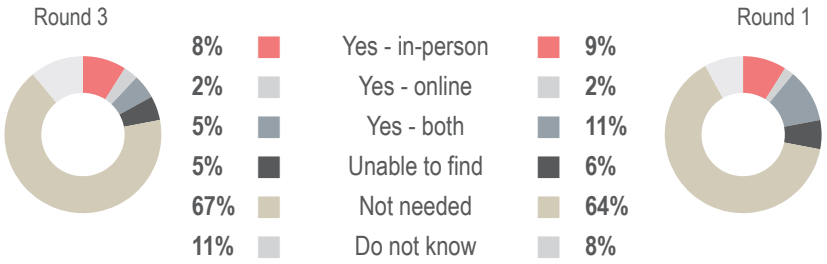


of respondents reported that they were **not aware of any instances of discrimination against any particular groups** as a result of COVID-19

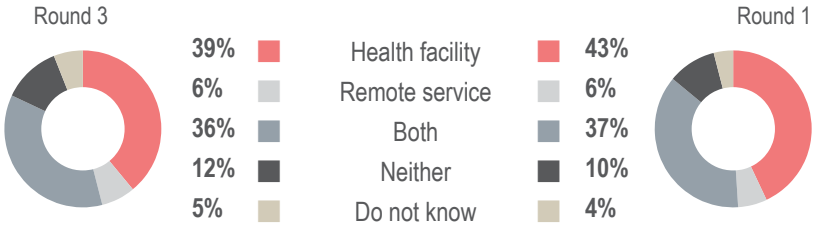
% of respondents reporting on the **existence of any community-led responses to the COVID-19 outbreak in their neighbourhoods**[6]:	Round 3	Round 1
Not aware of any - there are no community responses in my area	**62%**	**46%**
Delivering of protective equipment to elderly and vulnerable individuals	21%	36%
Production of personal protective equipment	14%	24%
Supporting local businesses remotely	5%	7%
Mental health and psycho-social support services	4%	9%

ACCESS TO HEALTHCARE SERVICES & HYGIENE

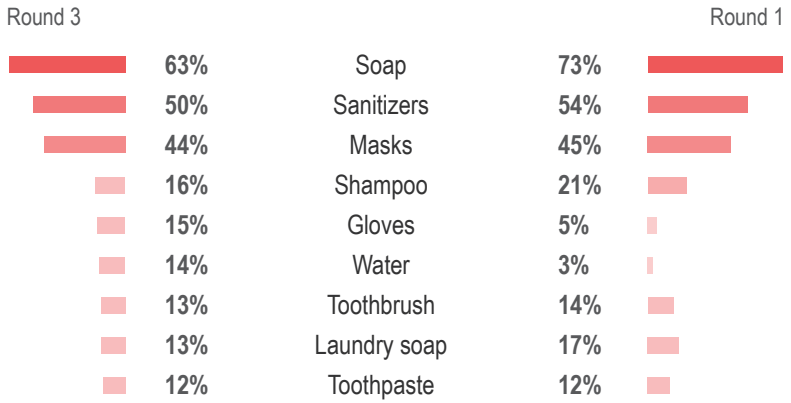
% of respondents reporting **whether their household has access to mental health or psycho-social services**:

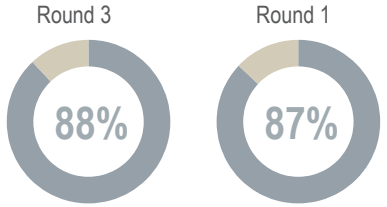


% of respondents reporting the **type of healthcare facility their household has access to**:



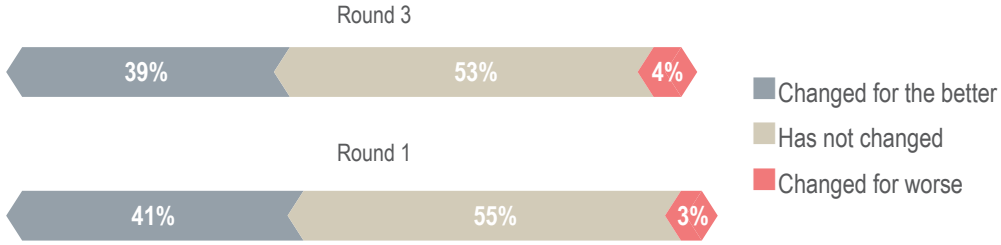
% of respondents reporting the **items of hygiene most needed for their household to remain healthy**[6]:





of respondents reported that they were **able to find all of their most needed hygiene items within their settlement**

% of respondents reporting on **how the hygiene situation in their household has changed**, when compared to the period before the COVID-19 outbreak:



NATIONAL RESPONSE MEASURES

% of respondents reporting **measures taken by the Government in response to the COVID-19 outbreak**[6]:

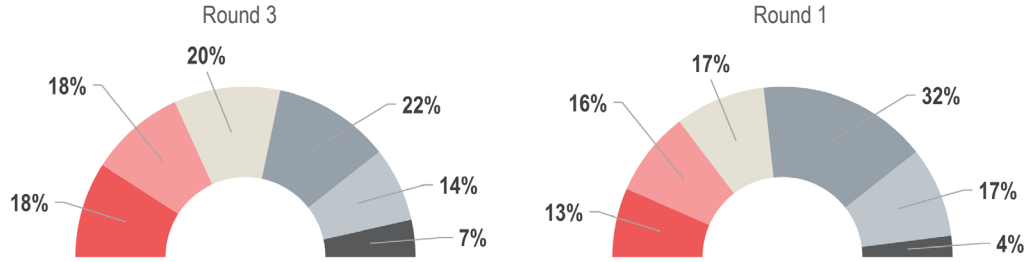
Round 3

Quarantine (stay at home)	20%	Banning events with 10+ participants	7%
Compulsory masks in public	20%	Movement restrictions for groups >2	6%
Self-isolation measures (for 60+)	10%	Closure of cafés, restaurants, clubs	4%
Closure of educational institutions	10%	**Do not know**	35%

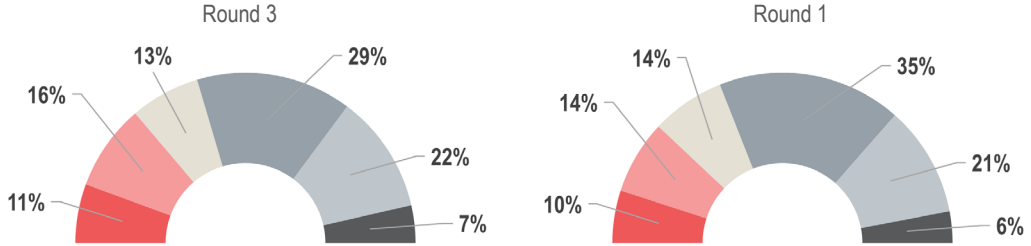
Round 1

Quarantine (stay at home)	54%	Self-isolation measures (for 60+)	17%
Compulsory masks in public	26%	Closure of cafés, restaurants, clubs	15%
Closure of public transport	23%	Movement restrictions for groups >2	14%
Closure of educational institutions	17%	**Do not know**	13%

% of respondents reporting the **degree to which they trust the Government of Ukraine to manage the COVID-19 outbreak effectively**:



% of respondents reporting the **degree to which they agree that people should give up their daily activities and change routines to prevent spread of the virus**:



Respondents were asked **whether they support or oppose the following Government measures** to contain the spread of COVID-19, implemented between March-May, 2020:

Closure of non-essential businesses:

Self isolation for elderly (60+):

Prohibiting gatherings of more than 2:

Mandatory wearing of masks in public:

Closure of public spaces: