

Consumer handwashing: Appendices

Appendix 1: Fieldwork dates and sample sizes

Survey Wave number	Data collection dates	Sample size
Wave 1	10 to 13 April 2020	2,039
Wave 2	10 to 14 July 2020	2,068
Wave 3	16 to 20 October 2020	2,067
Wave 4	15 to 18 January 2021	2,062
Wave 5	16 to 19 April 2021	2,049
Wave 6	16 to 19 July 2021	2,051
Wave 7	15 to 19 October 2021	2,017
Wave 8	14 to 18 January 2022	2,066

Appendix 2: Key changes to lockdown restrictions

Table 2: Key changes to lockdown restrictions

Information sourced from [Institute for Government](#). Key information for England, Wales and Northern Ireland has been included (as these 3 nations were included in the sample for the Handwashing consumer tracker survey).

Date or period	Event
23 March 2020	Start of first national (UK) lockdown and 'stay at home' order. Legally came into force 26 March.

Date or period	Event
10 May 2020	PM announces a conditional plan for lifting lockdown, those who cannot work from home return to work but avoid public transport. Guidance applies in England whilst Scotland, Wales and Northern Ireland can apply their own rules and guidance.
June 2020	1 June - phased re-opening of schools. Re-opening of non-essential shops 23 June - PM announces relaxing of restrictions and 2m social distancing rule.
July 2020	More restrictions eased (reopening of pubs, restaurants, hairdressers). First localised lockdowns coming into force in UK in Leicester and parts of Leicestershire Advice on self-isolation changed from 7 to 10 days. Face coverings mandatory on public transport in Northern Ireland.
August 2020	3 August - 'Eat out to Help Out' scheme begins in the UK. 14 August - Further easing of lockdown restrictions (reopening indoor theatres, bowling alleys and soft play). Face coverings mandatory in shops, schools and public transport in Scotland and Northern Ireland.
September 2020	'Rule of Six' with indoor and outdoor social gatherings above six banned. Return to working from home. Schools re-opened in rest of the UK. 23 September - Localised lockdowns in Northern Ireland.
October 2020	A new three tier lock down system introduced in England. 16 October – four week 'circuit breaker' lockdown in Northern Ireland.
November 2020	5 November - second national lockdown comes into force in England. 9 November - Welsh 17-day 'firebreak' national lockdown comes to an end. 27 November - National lockdown in Northern Ireland.
December 2020	2 December - second national lockdown ends after four weeks, England returns to three-tier system. Vaccination programme begins in care homes. 19 December - Tier 4 restrictions in London and South East England. Single-day Christmas restrictions announced.

Date or period	Event
January 2021	UK enters third national lockdown. Vaccination programme rolled out to people aged 70-79.
February 2021	Beginning of 'Roadmap out of lockdown' starts.
March 2021	Beginning of March - Schools in England, Wales and Northern Ireland reopen, Phase 2 of school opening in Scotland. 'Stay at home' order remains in place until 29 March, when outdoor gatherings of either six people or two households are also allowed. Mid-March - first stages of lockdown easing in Wales and Northern Ireland. Phased re-opening of schools. Ending of coronavirus border controls into the UK.
April 2021	Beginning of April: non-essential retail, hairdressers, public buildings and gyms re-open. Outdoor venues including pubs, restaurants open. Outdoor venues re-open in Wales. All students return to face-to-face education. No indoor mixing between different households allowed.
May 2021	Mid-May indoor venues reopen, including pubs and restaurants. Limit of 30 people allowed to mix outdoors in England.
July 2021	19 July - all legal limits on social contact removed and the final closed sectors of the economy reopen.
August 2021	Wales no legal limits on social contact.
December 2021	Omicron variant. 'Plan B' measures in England introduced (face masks compulsory in most public venues, NHS Covid Pass mandatory in specific settings) and work from home guidance reintroduced.
January 2022	England to move to 'Plan A' (face coverings no longer compulsory, including in schools). Restrictions in other nations lifted. Work from home guidance lifted. Isolation period reduced from seven to five days.
February 2022	England: all Covid restrictions lifted. Wales: Facemasks no longer compulsory in all settings. Northern Ireland: remaining restrictions lifted.
March 2022	Covid travel rules end. Wales: Face coverings only required in health and care settings.

Appendix 3: Survey questions

The list of survey questions provided is based on the most recent collection (Survey wave 8, January 2022). Some small changes were made to the survey between survey waves 1 (April 2020) and survey wave 2 (July 2020), these are denoted in footnotes. Since survey wave 2, the questions have remained consistent. Full survey scripts for each wave are available on request.

1) Thinking about when you are at home at the moment. How often, if at all, do you wash your hands? Please select one answer for each statement.

- a) Before cooking a meal or preparing food
 - b) Before eating
 - c) After contact with animals, including pets
 - d) After handling rubbish
 - e) When you get home, for example, after a trip out of your home
-
- i. Never
 - ii. Sometimes
 - iii. Most of the time
 - iv. Always
 - v. Not applicable

2) Thinking about when you are at home at the moment, how often do you wash your hands in each of the following ways? Select only one per statement

- a) With water on its own
 - b) With soap/handwash and warm water
 - c) With soap/handwash and cold water
 - d) With hand sanitising wipes or gel
-
- i. Never
 - ii. Sometimes
 - iii. Most of the time
 - iv. Always
 - v. Prefer not to say ([footnote 1](#))

3) Thinking about when you are at home at the moment. How many seconds do you spend washing your hands each time? ([footnote 2](#)) Please type your answer using whole numbers (whole numbers only no ranges)

4) Thinking about 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? ([footnote 3](#)): Please choose one per situation

- a) a picnic outside of the home
 - b) eating in a restaurant
 - c) consuming a take-away outside of the home
 - d) eating snacks (like crisps, nuts, raisins or an ice cream) with your hands outside of the home
-
- i. Never
 - ii. Sometimes
 - iii. Most of the time
 - iv. Always
 - v. I am not doing this activity at the moment

5) Does frequently washing your hands result in you having sore hands? Please select only one.

- a) Yes – to go question 6
- b) No – skip to question 7

6) [Only ask if 'yes' at Question 5] What impact, if any, does getting sore hands have on the frequency with which you wash your hands? Please select only one

- a) I wash my hands a lot more often
- b) I wash my hands a little more often
- c) It makes no difference to how often I wash my hands
- d) I wash my hands a little less often
- e) I wash my hands a lot less often
- f) I avoid washing my hands
- g) Don't know

7) At the moment, how often, if at all, do you wash your hands ...? [\(footnote 4\)](#) Please select one answer for each statement.

- a) After blowing your nose, sneezing or coughing into your hands
- b) After using the toilet

- i. Never
- ii. Sometimes
- iii. Most of the time
- iv. Always
- v. Prefer not to say [\(footnote 5\)](#)

8) At the moment what action, if any, do you usually take if handwashing facilities are not available? [\(footnote 6\)](#) Please select one answer for each situation

- a) after using public transport
- b) before drinking in a pub
- c) attending a sports event
- d) attending a social event

- i. I don't take any action and live with it
- ii. I carry and use hand sanitising gel
- iii. I carry and use wet wipes or tissues
- iv. I wash my hands at the next available opportunity
- v. I am not doing this activity at the moment

9) How often, if at all, do you find handwashing facilities are not available, or not usable, in the following places at the moment? [\(footnote 7\)](#) Please select one answer for each place

- a) takeaways
- b) cafes and restaurants
- c) pubs/clubs
- d) sports and music events
- e) cinema and theatre venues
- f) public toilets

- i. Never

- ii. Sometimes
- iii. Most of the time
- iv. Always
- v. I am not doing this activity at the moment [\(footnote 8\)](#)

10) As part of your current job role, do you handle open food? (This might be a voluntary or paid role). By open food, we mean food products or ingredients that will be consumed by other people which are not protected by packing. [\(footnote 9\)](#) Please select only one

- a) Yes – I am currently in a role that handles food
- b) Yes - but I'm not working due to furlough
- c) No

11) Do you have any pets at home? [\(footnote 10\)](#) Please select only one

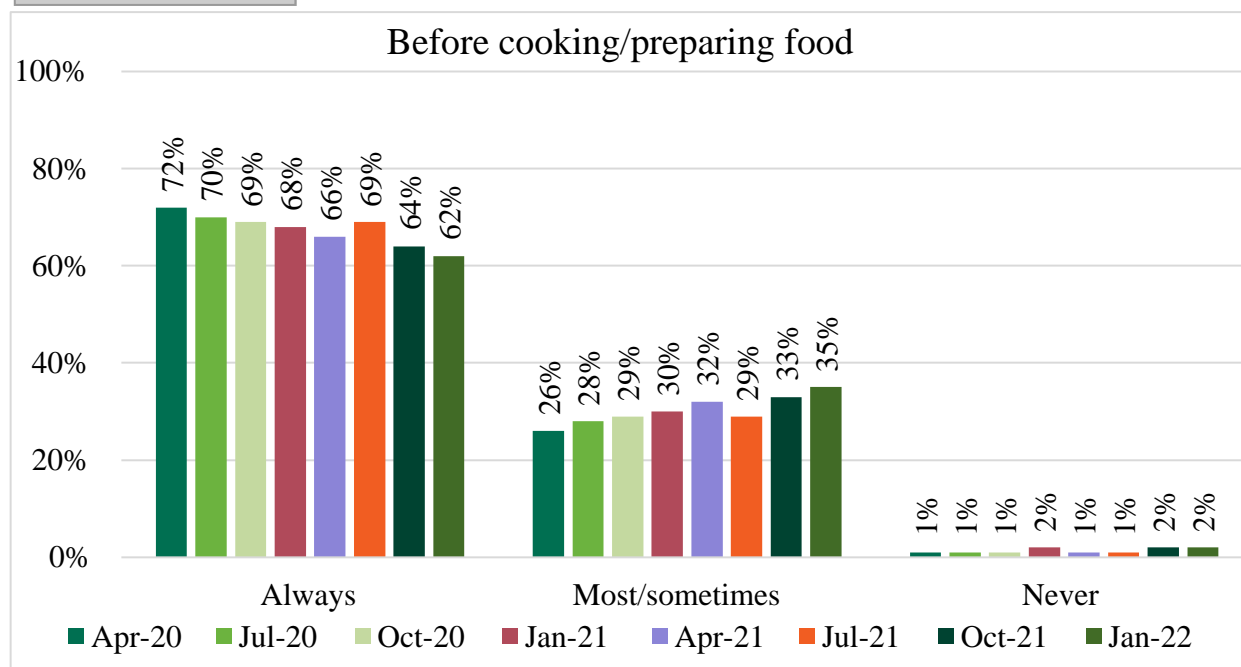
- a) Yes
- b) No

Appendix 4: Detailed graphs for handwashing inside the home

Figure 13: Frequency of reported handwashing before cooking/preparing food (April 2020 to January 2022) including 'always', 'most of the time/sometimes' and 'never' responses

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Month/Year	Always	Most/sometimes	Never
Apr-20	72	26	1
Jul-20	70	28	1
Oct-20	69	29	1
Jan-21	68	30	2
Apr-21	66	32	1
Jul-21	69	29	1
Oct-21	64	33	2
Jan-22	62	35	2

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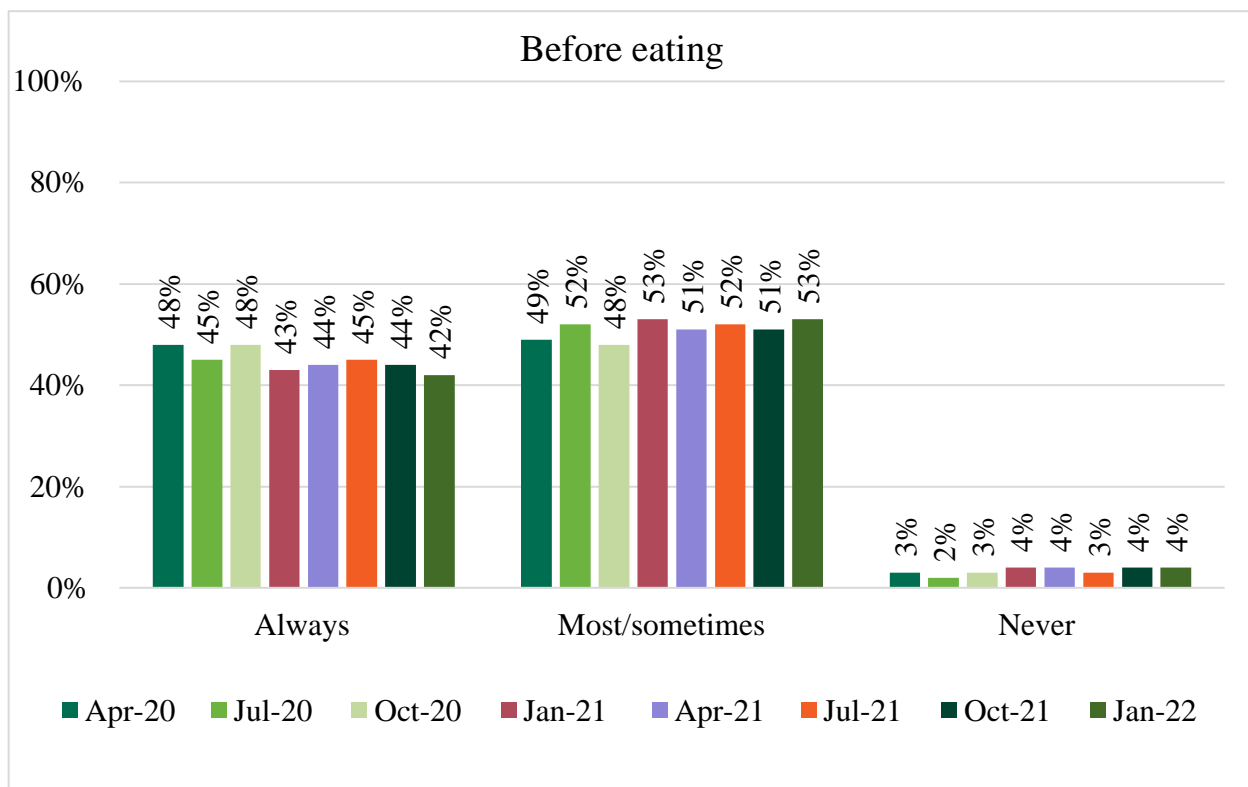
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Base: Online England, Wales and NI adults 16-75, 10-13 April 2020 (2,039), 10-14 July 2020 (2,068), 16-20 October 2020 (2,067), 15-18 January 2021 (2,062), 16-19 April 2021 (2,049), 16-19 July 2021 (2,051), 15-19 October 2021 (2,017), 14-18 January 2022 (2,066). Values may not add to 100% as 'not applicable' responses are not shown.

Figure 14: Frequency of reported handwashing before eating food (April 2020 to January 2022) including 'always', 'most of the time/sometimes' and 'never' responses

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Month/Year	Always	Most/sometimes	Never
Apr-20	48	49	3
Jul-20	45	52	2
Oct-20	48	48	3
Jan-21	43	53	4
Apr-21	44	51	4
Jul-21	45	52	3
Oct-21	44	51	4
Jan-22	42	53	4

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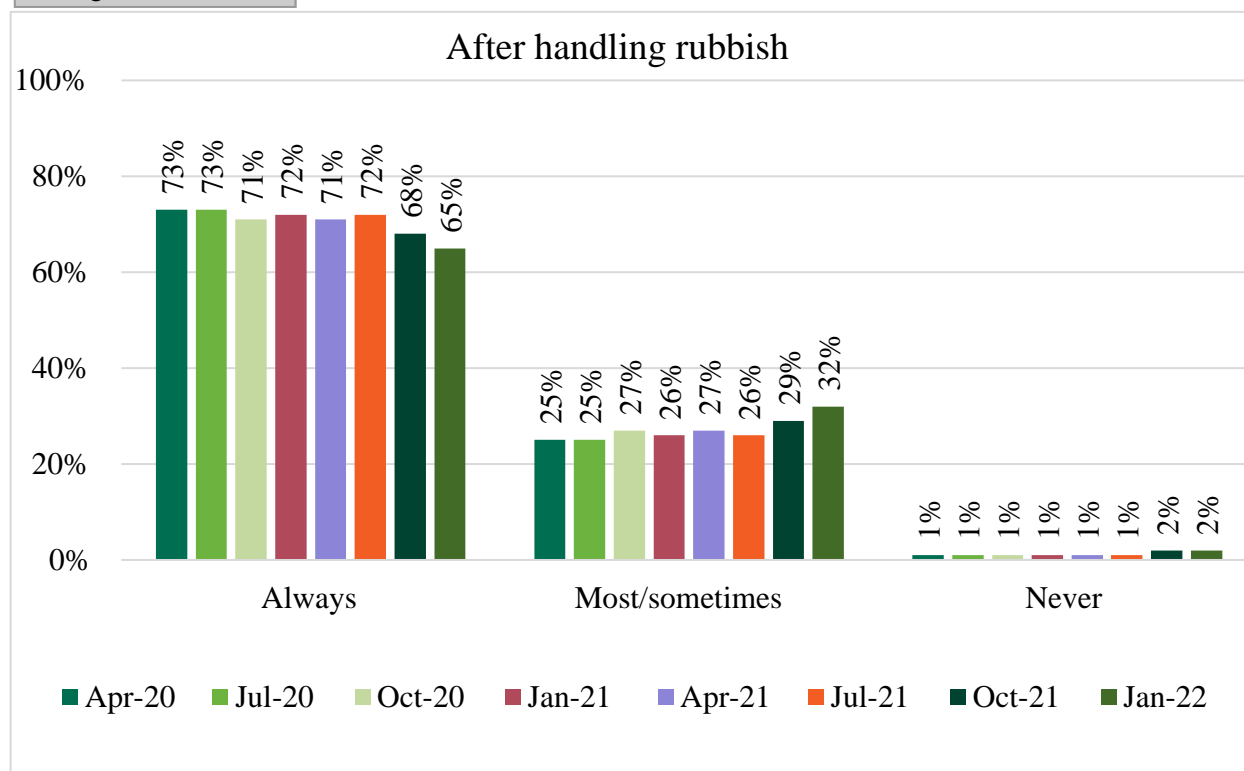
Base: Online England, Wales and NI adults 16-75, 10-13 April 2020 (2,039), 10-14 July 2020 (2,068), 16-20 October 2020 (2,067), 15-18 January 2021 (2,062), 16-19 April 2021 (2,049), 16-19 July 2021 (2,051), 15-19 October 2021 (2,017), 14-18 January 2022 (2,066). Values may not

add to 100% as 'not applicable' responses are not shown.

Figure 15: Frequency of reported handwashing after handling rubbish (April 2020 - January 2022) including 'always', 'most of the time/sometimes' and 'never' responses

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Month/Year	Always	Most/sometimes	Never
Apr-20	73	25	1
Jul-20	73	25	1
Oct-20	71	27	1
Jan-21	72	26	1
Apr-21	71	27	1
Jul-21	72	26	1

Month/Year	Always	Most/sometimes	Never
Oct-21	68	29	2
Jan-22	65	32	2

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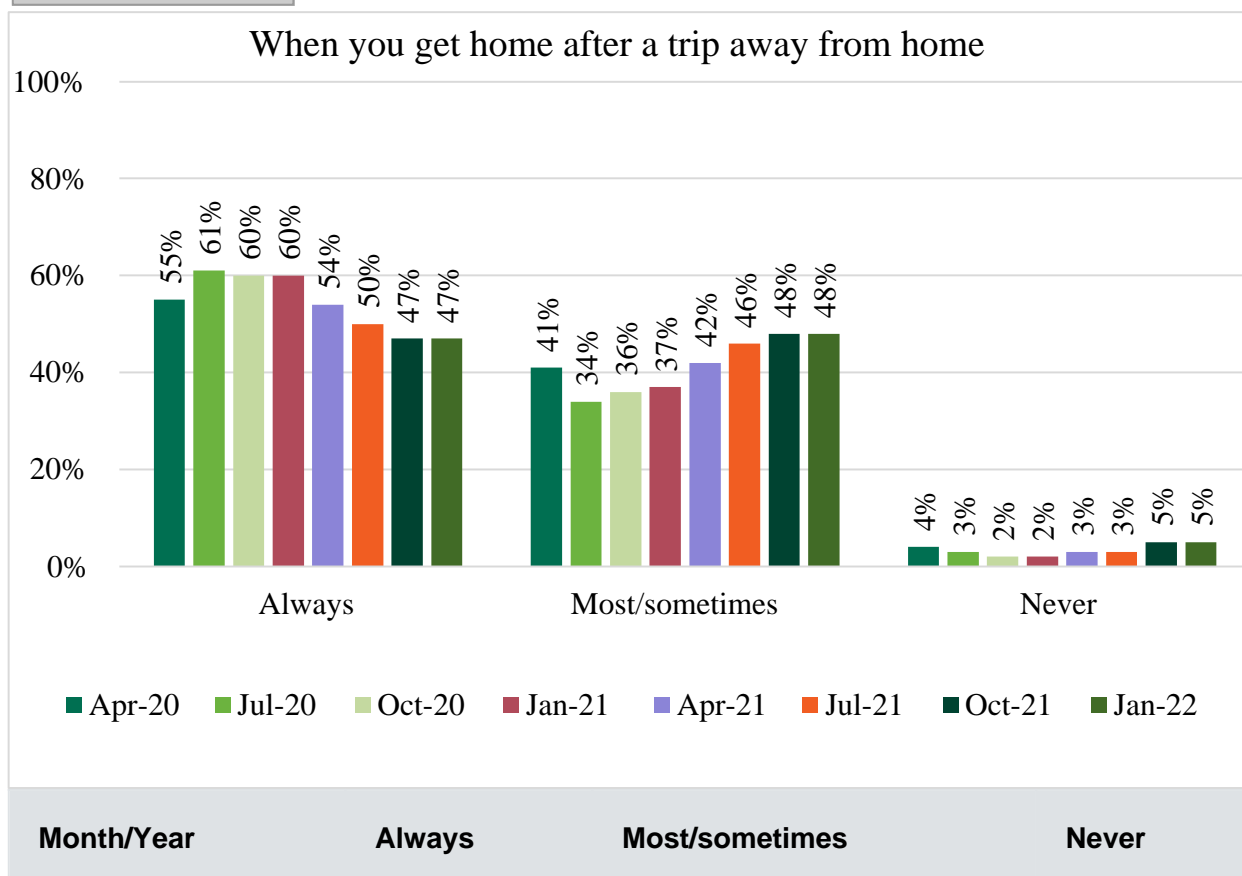
[Image .csv](#)

Base: Online England, Wales and NI adults 16-75, 10-13 April 2020 (2,039), 10-14 July 2020 (2,068), 16-20 October 2020 (2,067), 15-18 January 2021 (2,062), 16-19 April 2021 (2,049), 16-19 July 2021 (2,051), 15-19 October 2021 (2,017), 14-18 January 2022 (2,066). Values may not add to 100% as 'not applicable' responses are not shown.

Figure 16: Frequency of reported handwashing when returning home from a trip outside the home (April 2020 to January 2022)

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Apr-20	55	41	4
Jul-20	61	34	3
Oct-20	60	36	2
Jan-21	60	37	2
Apr-21	54	42	3
Jul-21	50	46	3
Oct-21	47	48	5
Jan-22	47	48	5

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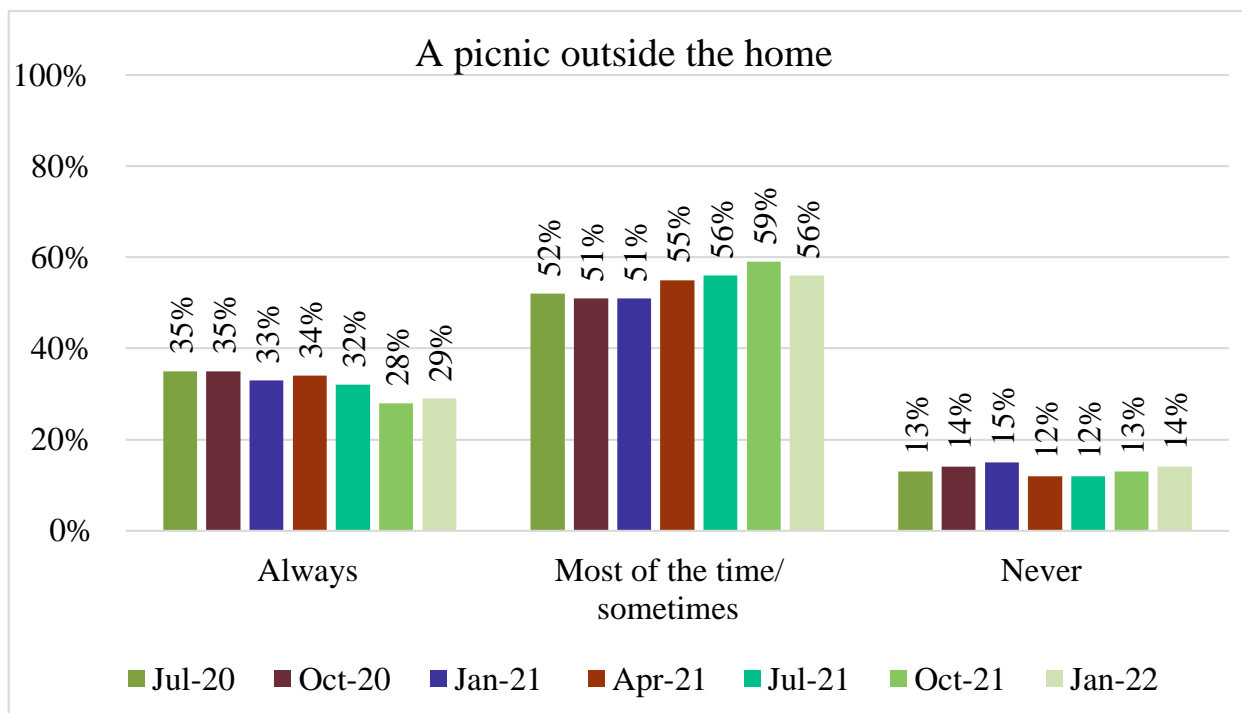
Base: Online England, Wales and NI adults 16-75, 10-13 April 2020 (2,039), 10-14 July 2020 (2,068), 16-20 October 2020 (2,067), 15-18 January 2021 (2,062), 16-19 April 2021 (2,049), 16-19 July 2021 (2,051), 15-19 October 2021 (2,017), 14-18 January 2022 (2,066). Values may not add to 100% as the “Not applicable” option is not charted.

Appendix 5: Detailed graphs for handwashing outside the home

Figure 17: Participants who reported washing their hands ‘always’, ‘most of the time/sometimes’ and ‘never’ when eating a picnic outside the home (July 2020 to January 2022)

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Month/Year	Always	Most of the time/sometimes	Never
Jul-20	35	52	13
Oct-20	35	51	14
Jan-21	33	51	15
Apr-21	34	55	12
Jul-21	32	56	12
Oct-21	28	59	13
Jan-22	29	56	14

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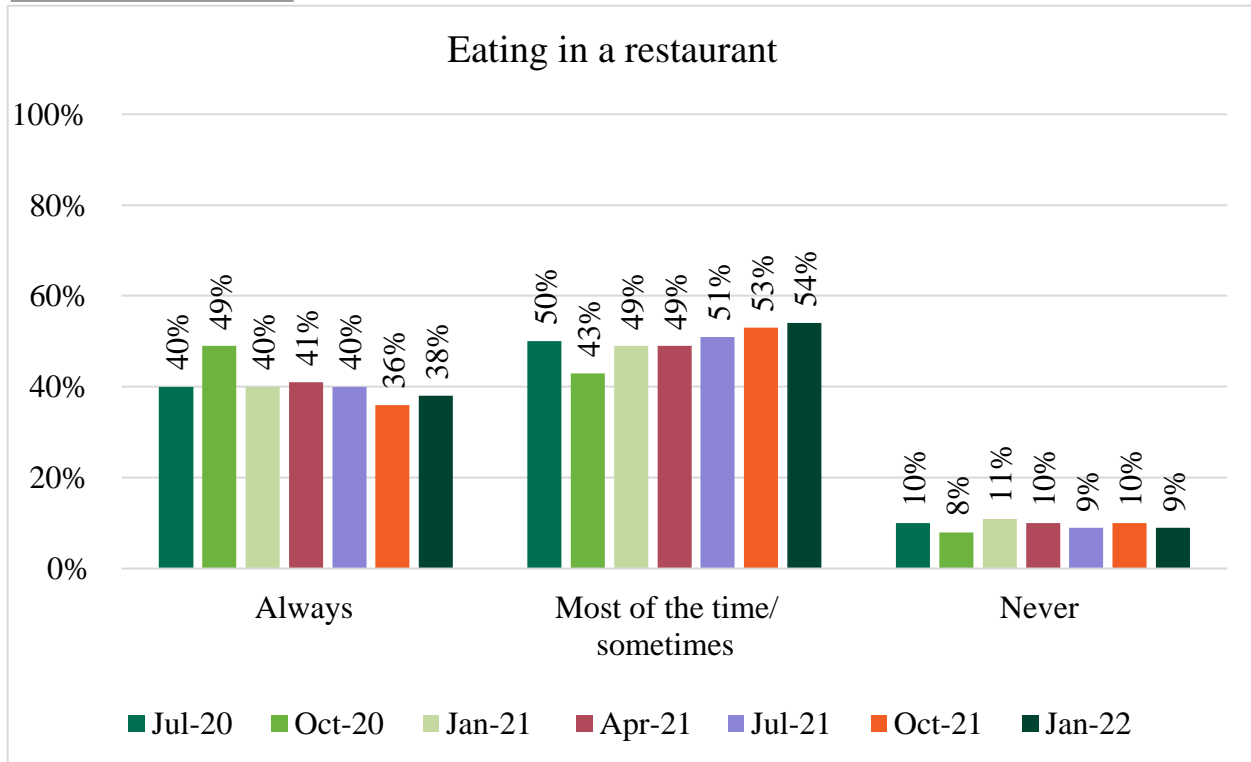
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Base: Online England, Wales and NI adults 16-75 who reported carrying out these activities at the time of data collection ([footnote 11](#)). 10-14th July 20 (1,139), 16-20th Oct 20 (1,114), 15-18th Jan 21 (1,041), 16-19th Apr 21 (1,300), 16-19th Jul 21 (1,473), 15-19th Oct 21 (1,409), 14-18th Jan 22 (1,413). Comparable data available from July 2020 only.

Figure 18: Participants who reported washing their hands ‘always’, ‘most of the time/sometimes’ and ‘never’ when eating in a restaurant outside the home (July 2020 to January 2022)

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Month/Year	Always	Most of the time/sometimes	Never
Jul-20	40	50	10
Oct-20	49	43	8
Jan-21	40	49	11
Apr-21	41	49	10
Jul-21	40	51	9
Oct-21	36	53	10

Month/Year	Always	Most of the time/sometimes	Never
Jan-22	38	54	9

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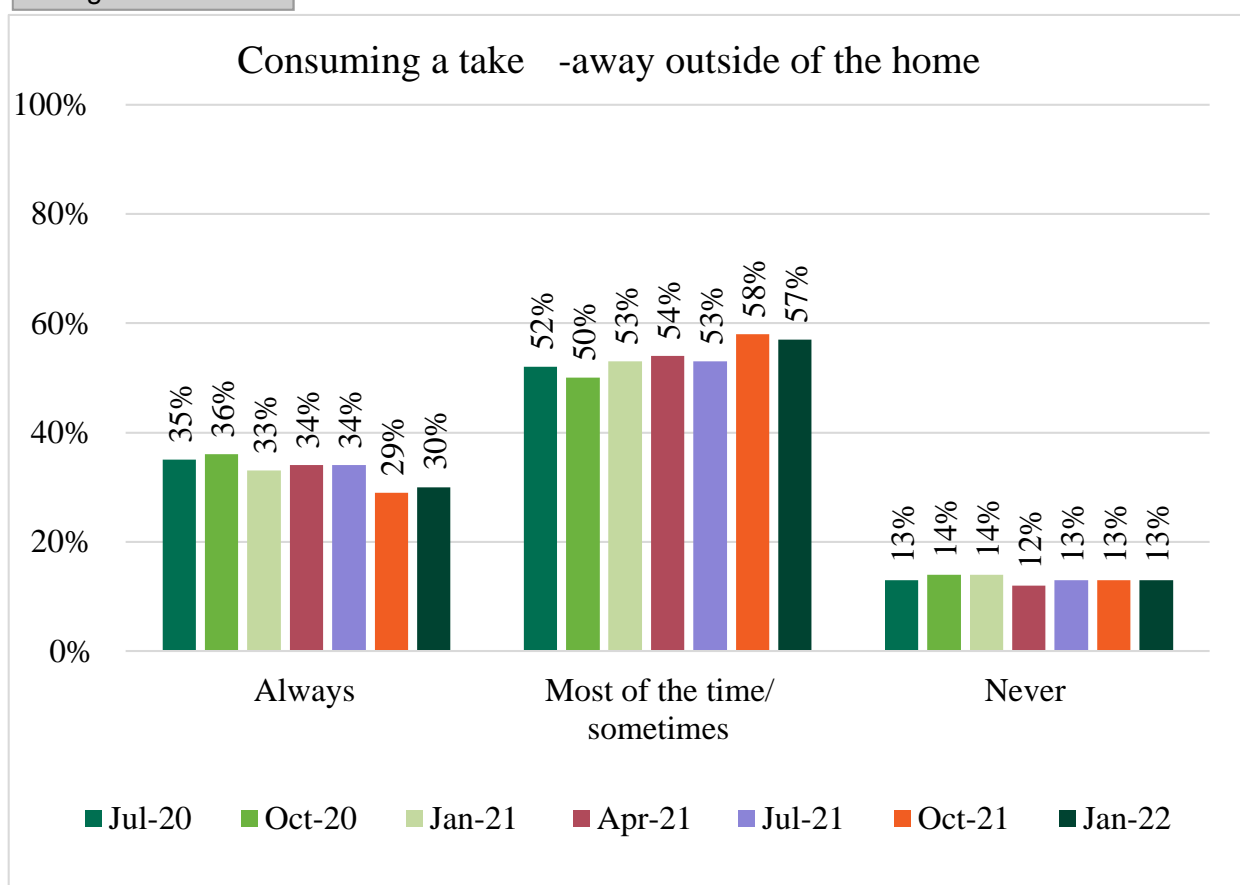
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Base: Online England, Wales and NI adults 16-75 who reported carrying out these activities at the time of data collection ([footnote 12](#)). 10-14th July 20 (1,049), 16-20th Oct 20 (1,365), 15-18th Jan 21 (1,085), 16-19th Apr 21 (1,278), 16-19th Jul 21 (1,600), 15-19th Oct 21 (1,664), 14-18th Jan 22 (1,736). Comparable data available from July 2020 only.

Figure 19: Participants who reported washing their hands ‘always’, ‘most of the time/sometimes’ and ‘never’ when consuming a takeaway outside the home (July 2020 to January 2022)

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Month/Year	Always	Most of the time/sometimes	Never
Jul-20	35	52	13
Oct-20	36	50	14
Jan-21	33	53	14
Apr-21	34	54	12
Jul-21	34	53	13
Oct-21	29	58	13
Jan-22	30	57	13

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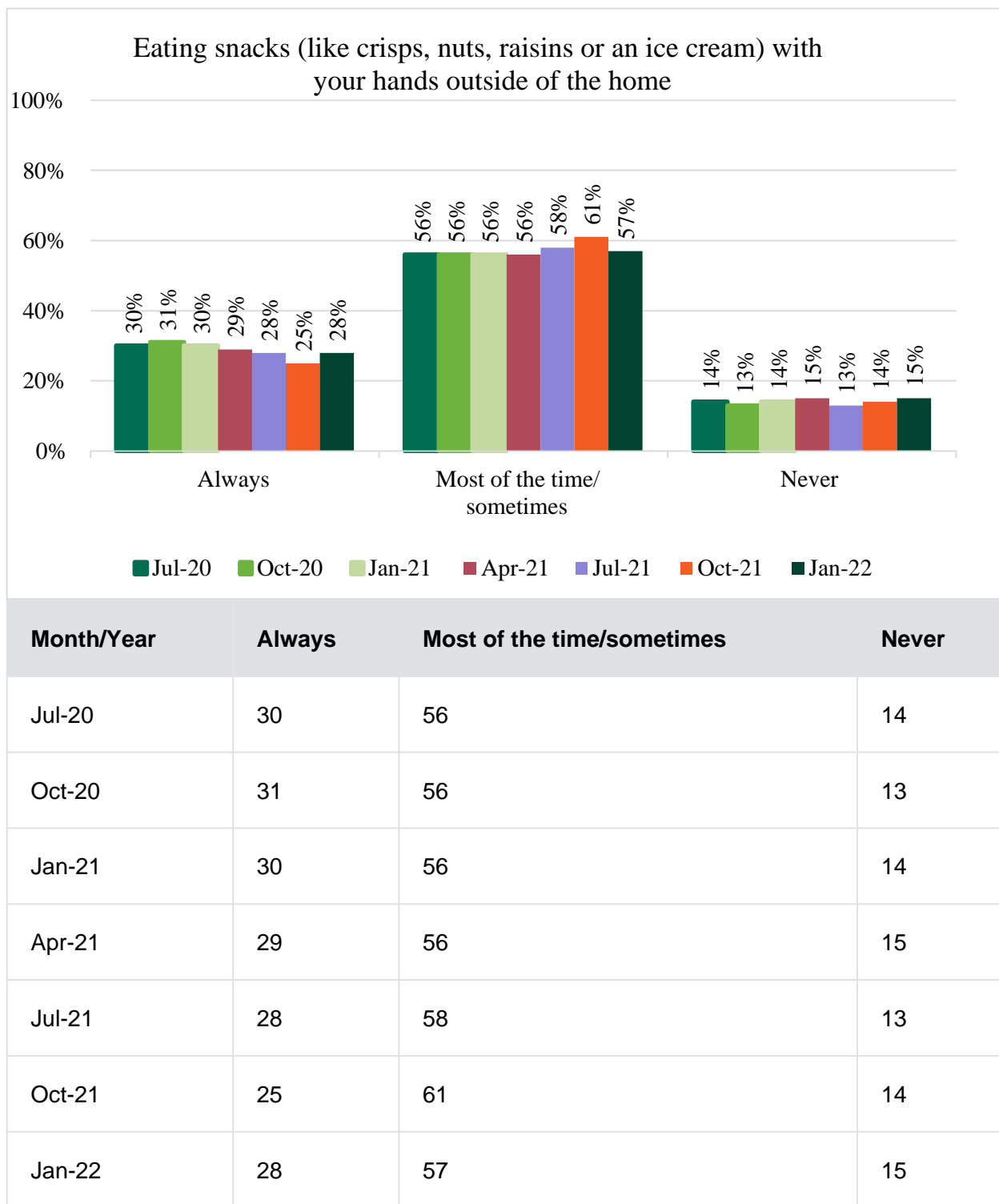
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Base: Online England, Wales and NI adults 16-75 who reported carrying out these activities at the time of data collection ([footnote 13](#)). 10-14th July 20 (1,114), 16-20th Oct 20 (1,173), 15-18th Jan 21 (1,133), 16-19th Apr 21 (1,335), 16-19th Jul 21 (1,457), 15-19th Oct 21 (1,475), 14-18th Jan 22 (1,510). Comparable data available from July 2020 only.

Figure 20: Participants who reported washing their hands ‘always’, ‘most of the time/sometimes’ and ‘never’ when eating snacks outside the home (July 2020 to January 2022)

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Base: Online England, Wales and NI adults 16-75 who reported carrying out these activities at the time of data collection ([footnote 14](#)). 10-14th July 20 (1,338), 16-20th Oct 20 (1,434), 15-18th Jan 21 (1,279), 16-19th Apr 21 (1,552), 16-19th Jul 21 (1,674), 15-19th Oct 21 (1,648), 14-18th Jan 22 (1,701). Comparable data available from July 2020 only.

Appendix 6: Sample sizes for Figure 10

Table 3: Sample sizes for Figure 10. Participants who reported carrying out these activities at the time of data collection [\(footnote 15\)](#).

Month	Takeaway	Cafes and Restaurants	Pubs/clubs	Sports and music events	Cinema and theatre venues	Public toilets
July 2020	892	790	670	525	555	869
October 2020	1,003	1,220	852	492	550	1,086
January 2021	983	825	617	617	658	1,000
April 2021	1,201	1,050	717	717	753	1,234
July 2021	1,342	1,509	861	861	978	1,455
October 2021	1,362	1,599	953	953	1,133	1,562
January 2022	1,399	1,685	1,063	1,063	1,245	1,065

Appendix 7: Sample sizes for Figures 11, 12 and 21 to 24

Table 4: Sample sizes for Figure 11 and 12. Participants who reported carrying out these activities at the time of data collection [\(footnote 16\)](#).

Month	After using public transport	Before drinking in a pub	Attending a sports event	Attending a social event
July 2020	954	769	669	913

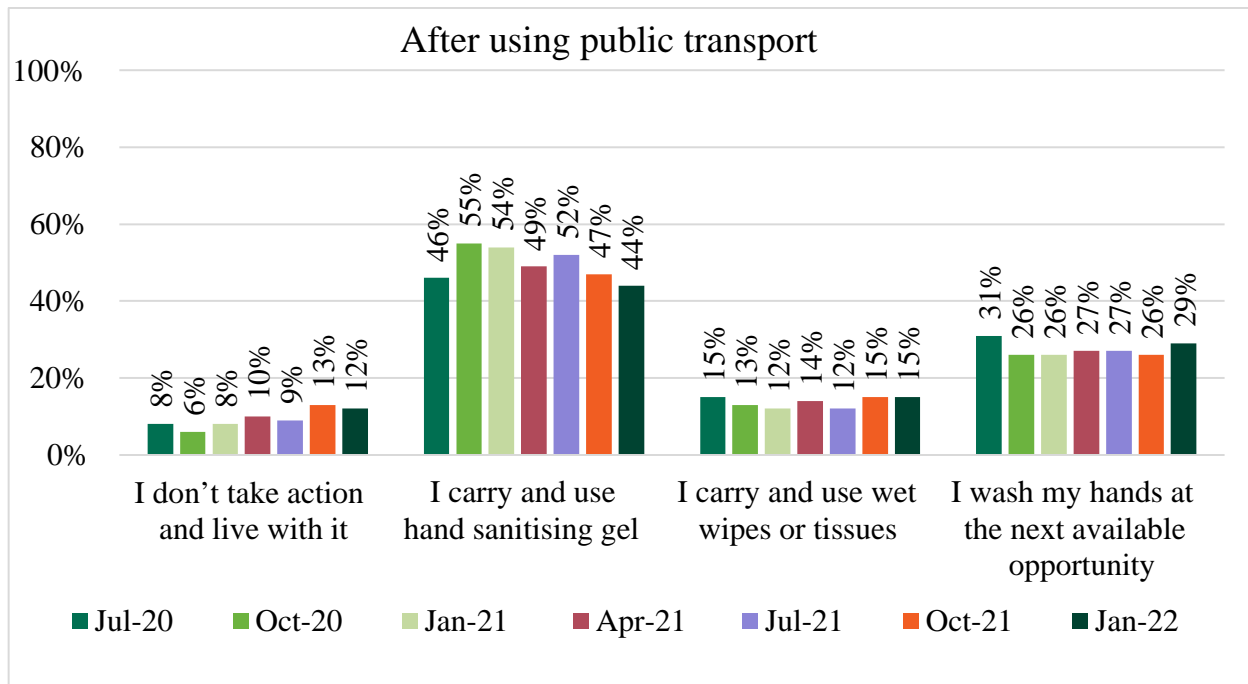
Month	After using publictransport	Before drinking in a pub	Attending a sports event	Attending a social event
October 2020	1,124	949	672	1,011
January 2021	1,037	741	700	849
April 2021	1,237	986	872	1,098
July 2021	1,398	1,241	1,005	1,358
October 2021	1,469	1,321	1,054	1,499
January 2022	1,495	1,346	1,096	1,474

Appendix 8: Detailed graphs for alternatives to handwashing in a range of scenarios outside of the home

Figure 21: Alternatives to handwashing, after using public transport, when handwashing facilities are unavailable (July 2020 to January 2022)

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Scenario	Jul-20	Oct-20	Jan-21	Apr-21	Jul-21	Oct-21	Jan-22
I don't take action and live with it	8	6	8	10	9	13	12
I carry and use hand sanitising gel	46	55	54	49	52	47	44
I carry and use wet wipes or tissues	15	13	12	14	12	15	15
I wash my hands at the next available opportunity	31	26	26	27	27	26	29

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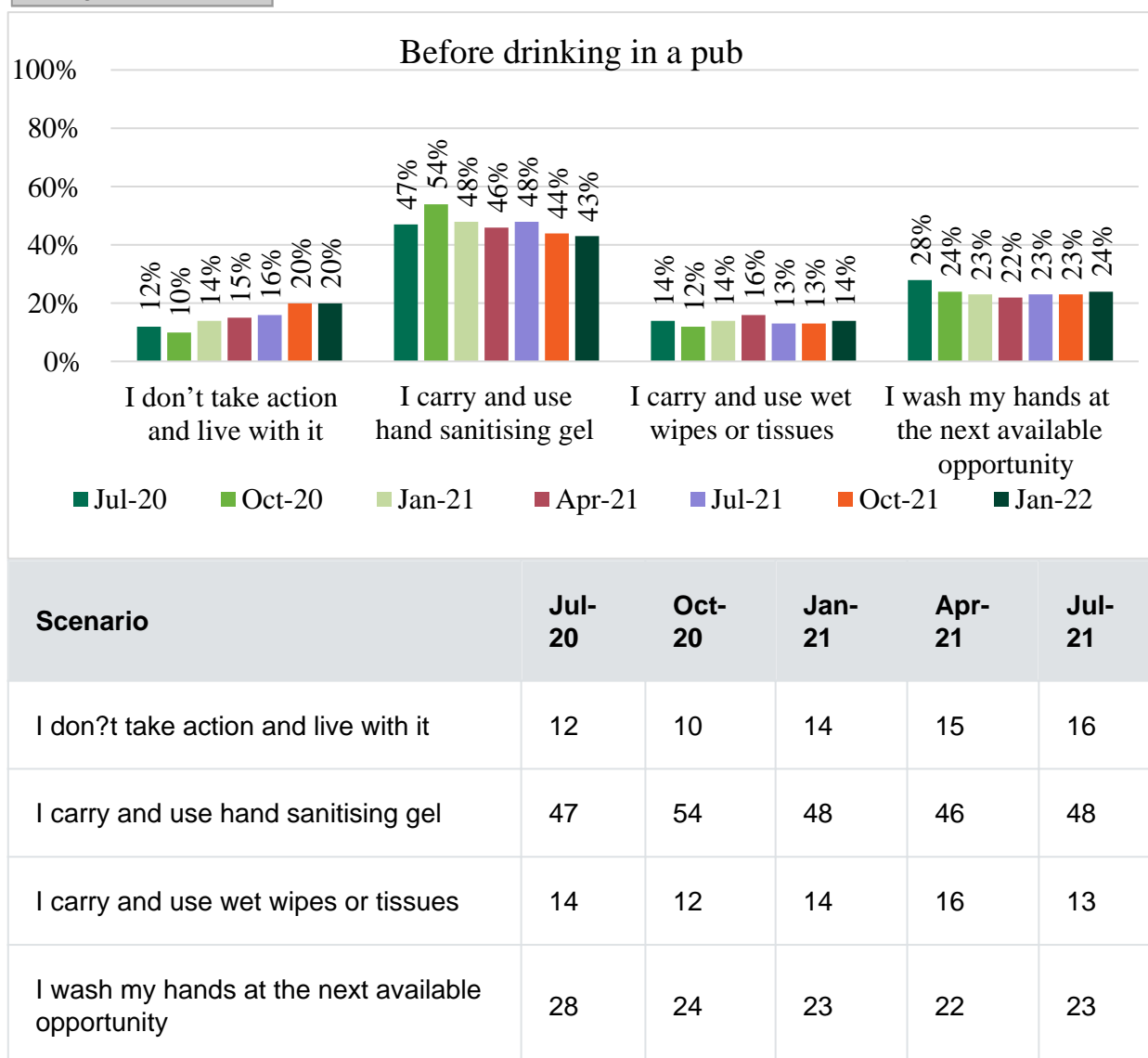
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Base: Online England, Wales and NI adults 16 to 75 who reported carrying out these activities at the time of data collection ([footnote 17](#)): A table of sample sizes for each wave are included in Appendix 7. Data is only comparable from July 2020 onwards.

Figure 22: Alternatives to handwashing, before drinking in a pub, when handwashing facilities are unavailable (July 2020 to January 2022)

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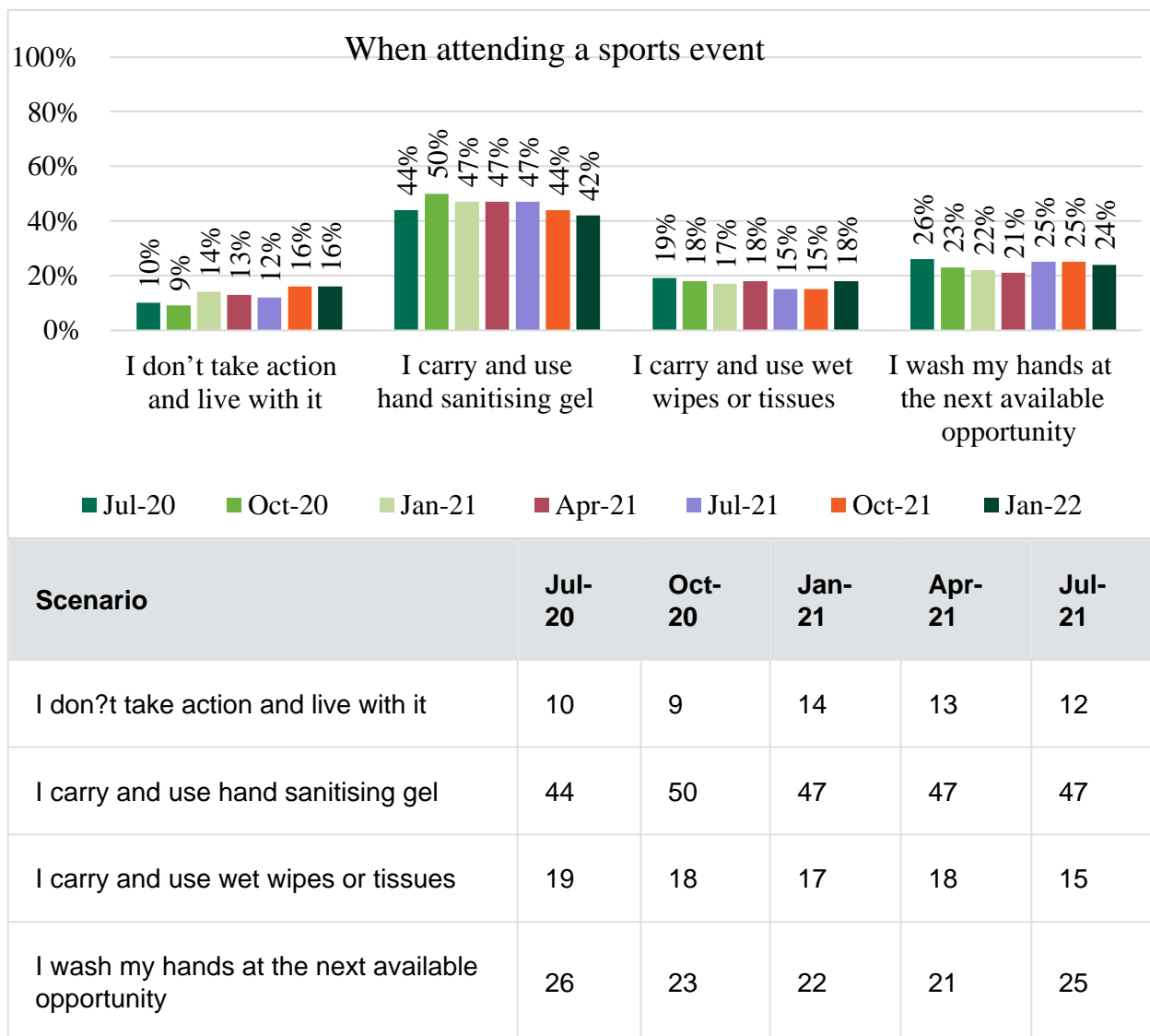
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Base: Online England, Wales and NI adults 16-75 who reported carrying out these activities at the time of data collection ([footnote 18](#)): A table of sample sizes for each wave are included in Appendix 7. Data is only comparable from July 2020 onwards.

Figure 23: Alternatives to handwashing, when attending a sports event, when handwashing facilities are unavailable (July 2020 to January 2022)

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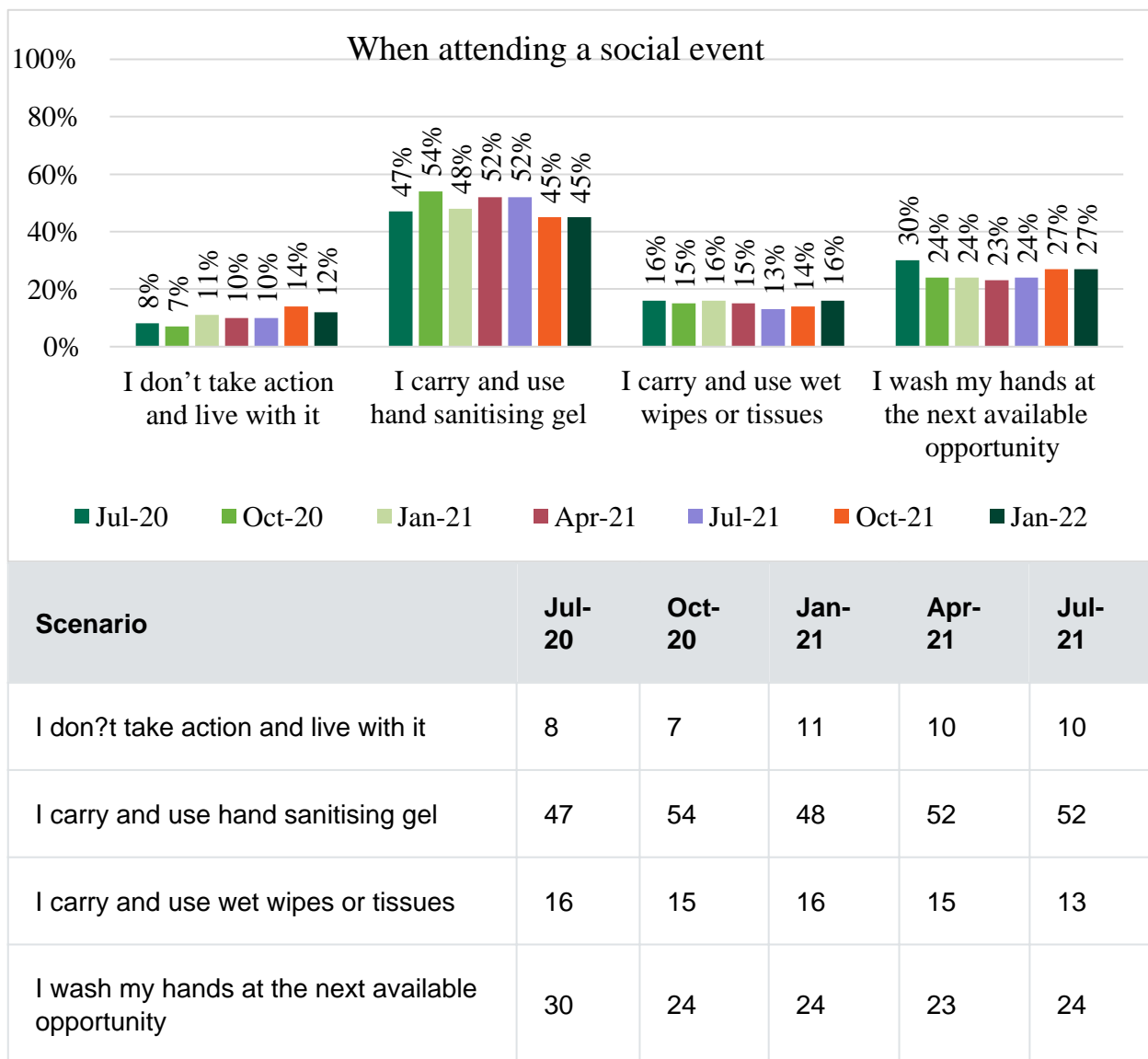
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Base: Online England, Wales and NI adults 16-75 who reported carrying out these activities at the time of data collection ([footnote 19](#)): A table of sample sizes for each wave are included in Appendix 7. Data is only comparable from July 2020 onwards.

Figure 24: Alternatives to handwashing, when attending a social event, when handwashing facilities are unavailable (July 2020 to January 2022)

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Base: Online England, Wales and NI adults 16-75 who reported carrying out these activities at the time of data collection ([footnote 20](#)): A table of sample sizes for each wave are included in Appendix 7. Data is only comparable from July 2020 onwards.

1. 'Prefer not to say' option was added in Wave 2. In wave 1, this option was 'Not applicable'.
2. In wave 1, question 3 was: 'When you are at home, typically how many seconds do you spend washing your hands each time?'
3. In wave 1, question 4 was: 'When eating outside of the home, how often, if at all, do you wash your hands, or use hand sanitising wipes or gels, before eating?. The question in wave 1 did not ask about specific situations, and response options were: 'Never,

Sometimes, Most of the time, Always, Only when eating food without cutlery, Don't know'

4. In wave 1, question 7 was: 'How often, if at all, do you wash your hands... a) After blowing your nose, sneezing or coughing into your hands? b) After using the toilet?'
5. 'Prefer not to say' option was added in Wave 2. In wave 1, this option was 'Not applicable'.
6. In wave 1, question 8 was: 'If you find yourself in a place where handwashing facilities are not immediately available (e.g. after using public transport, drinking in a pub, attending a live sports event), what action, if any do you usually take?'. In wave 1, question 8 did not ask about specific situations in turn, and answer options were: 'I don't take any action and live with it, I carry and use hand sanitising gel, I carry and use wet wipes or tissues, I wash my hands at the next available opportunity, Don't know, Other (text box to write in)'
7. In wave 1, question 9 was: 'Typically, how often, if at all, do you find handwashing facilities are not available or not usable in the following places?'
8. 'I am not doing this activity at the moment' option was added in Wave 2. In wave 1, this option was 'Not applicable'.
9. Question 10 was added from Wave 2.
10. Question 11 was added from Wave 2.
11. Participants who reported 'I am not doing this activity at the moment' are excluded from the base.
12. Participants who reported 'I am not doing this activity at the moment' are excluded from the base.
13. Participants who reported 'I am not doing this activity at the moment' are excluded from the base.
14. Participants who reported 'I am not doing this activity at the moment' are excluded from the base.
15. Participants who reported 'I am not doing this activity at the moment' are excluded from the base.
16. Participants who reported 'I am not doing this activity at the moment' or 'not applicable' are excluded from the base.
17. Participants who reported 'I am not doing this activity at the moment' or 'not applicable' are excluded from the base.

18. Participants who reported 'I am not doing this activity at the moment' or 'not applicable' are excluded from the base.
19. Participants who reported 'I am not doing this activity at the moment' or 'not applicable' are excluded from the base.
20. Participants who reported 'I am not doing this activity at the moment' or 'not applicable' are excluded from the base.