



# POZ Survey Results on HIV and COVID-19

POZ readers provide feedback on how the coronavirus pandemic has affected their lives.

July 14, 2020 By Jennifer Morton

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The coronavirus pandemic has changed how we live, work and access health care. POZ recently asked readers how COVID-19 has affected you and your health. Nearly 300 people took our survey. Here is the initial feedback.

How concerned are you about contracting the novel coronavirus?

48% - Very concerned

46% - Somewhat concerned

4% - Not at all concerned

2% - Tested positive for the coronavirus

How much have you been affected by the COVID-19 pandemic?

15% - Severely affected

55% - Moderately affected

24% - Slightly affected

6% - Not at all affected

Do you have an emergency supply of your HIV meds?

63% - Yes

37% - No

Did you lose your job or any income because of the COVID-19 pandemic?

26% - Yes

74% - No

Did you lose your health insurance because of the COVID-19 pandemic?

96% - Yes

4% - No

Have you used telemedicine to connect to a health care provider during the COVID-19 pandemic?

52% - Yes

48% - No

Have you encountered an interruption of any services or support from your local AIDS organization?

62% - Yes

38% - No

How have you been connecting with others during the COVID-19 pandemic? (Check all that apply.)

56% - Email

36% - In person

67% - Social media

72% - Telephone

75% - Texts

50% - Video conference

Which of the following are you doing to take care of your mental health during the COVID-19 pandemic? (Check all that apply.)

62% - Taking breaks from the news and social media

54% - Getting regular exercise

51% - Eating healthy, well-balanced meals

47% - Getting plenty of sleep

47% - Avoiding alcohol and drugs

35% - Connecting with others

30% - Meditating/finding space to relax

How would you rate the federal government's response to the COVID-19 pandemic?

4% - Excellent

8% - Good

15% - Fair

73% - Poor

How would you rate your local government's response to the COVID-19 pandemic?

22% - Excellent

36% - Good

23% - Fair

19% - Poor

Source: [June 2020 POZ Survey](#)

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<http://beta.docker.poz.com/article/poz-survey-results-hiv-covid19>