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**PERCEPTIONS ABOUT COLD
AND FLU AND THEIR TREATMENT
A COLD-fX survey**

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INTRODUCTION

This survey on public behavior regarding cold and flu was conducted on 1,748 people between October 10 and 24, 2006. Data were collected by Crop Environics. The survey was divided into two phases: a Quebec phase with 1,002 respondents followed by a phase in the rest of Canada with 746 respondents.

Quebec respondents were over sampled in order to obtain specific and highly reliable results for the province. The number of questions also varied between the two sub samples, with approximately 18 for the Quebec cohort and 12 for the cohort in the rest of Canada. The questionnaire is appended.

The overall results presented here are weighted to correct for the proportion of respondents per region by age and gender.

The margin of error for the entire survey sample is $\pm 2.3\%$, 19 times out of 20. For the Quebec data, it is $\pm 3.1\%$, 19 times out of 20.

ATTITUDE IN CASE OF COLD: AT WORK 1

The question was, "When you're sick with a cold, do you go to work but leave early, sleep in and go to work late, go to work, but are less productive as a result, or call in sick?" The list was read and only one mention was accepted.

42% of respondents said they went to work but were less productive. B.C. respondents were most likely to sleep in and go to work later. In contrast, respondents in Quebec were the "toughest" in that they were relatively less likely to tell their employer that they were sick.

	Regions					Total
	Maritimes	Ontario	BC	West	Québec	
Go to work but leave early	7 5,9%	59 8,7%	16 6,9%	26 8,6%	39 9,5%	147 8,4%
Sleep in and go to work late	4 3,4%	13 1,9%	12 5,2%	2 .7%	14 3,4%	45 2,6%
Go to work but are less productive	45 37,8%	274 40,2%	85 36,6%	125 41,3%	205 49,8%	734 42,0%
Call in sick	23 19,3%	132 19,4%	44 19,0%	56 18,5%	31 7,5%	286 16,4%
Dont work outside	35 29,4%	175 25,7%	60 25,9%	83 27,4%	104 25,2%	457 26,1%
DK-NR	5 4,2%	29 4,3%	15 6,5%	11 3,6%	19 4,6%	79 4,5%
Total	119 100,0%	682 100,0%	232 100,0%	303 100,0%	412 100,0%	1748 100,0%

ATTITUDE IN CASE OF COLD: AT WORK 2

The question was, “When a work colleague has a cold, do you avoid shaking their hands, avoid contact altogether, behave the same as usual, or suggest they go home?” The list was read and only one mention was accepted.

“Behave the same as usual” topped the list in all regions, but even more so in Quebec and in the West (in this sense, respondents from these regions are the least cautious about the illness). Avoiding contact was the second most common response in all regions.

Overall, behaviors vary substantially between regions: only 8% of Quebecers would suggest going home compared to 23% of Ontarians. Relatively speaking, Westerners are the least likely to avoid shaking hands with someone who is ill.

	Regions					Total
	Maritimes	Ontario	BC	West	Québec	
Avoid shaking their hands	17 20,2%	87 17,1%	41 23,7%	22 10,0%	65 21,1%	232 17,9%
Avoid contact all together	20 23,8%	131 25,8%	30 17,3%	46 20,9%	77 25,0%	304 23,5%
Behave the same as usual	25 29,8%	164 32,3%	59 34,1%	94 42,7%	137 44,5%	479 37,0%
Suggest they go home	14 16,7%	115 22,6%	37 21,4%	48 21,8%	24 7,8%	238 18,4%
Dont work outside	2 2,4%	9 1,8%	5 2,9%	1 .5%	2 .6%	19 1,5%
DK-NR	6 7,1%	2 .4%	1 .6%	9 4,1%	3 1,0%	21 1,6%
Total	84 100,0%	508 100,0%	173 100,0%	220 100,0%	308 100,0%	1293 100,0%

ATTITUDE IN CASE OF COLD: WITH A LOVED ONE

The question was, “When a loved one has a cold, do you provide them with care, have usual contact with them, have usual contact but avoid kissing them, or avoid contact of any kind?” The list was read and only one mention was accepted.

Providing care to loved ones was the top response in all regions. “Maritimers” were the most willing in this respect, followed by Quebecers. Second on the list was behaving the same as usual, a riskier behavior more common among Westerners and BC residents.

	Regions					Total
	Maritimes	Ontario	BC	West	Québec	
Provide them with care	53 45,3%	216 31,6%	74 31,8%	81 26,7%	151 36,7%	575 32,9%
Have usual contact with them	12 10,3%	185 27,1%	62 26,6%	97 32,0%	105 25,5%	461 26,4%
Have usual contact but avoid kissing them	29 24,8%	140 20,5%	50 21,5%	70 23,1%	113 27,5%	402 23,0%
Avoid contact of any kind	13 11,1%	97 14,2%	37 15,9%	34 11,2%	38 9,2%	219 12,5%
DK-NR	10 8,5%	45 6,6%	10 4,3%	21 6,9%	4 1,0%	90 5,2%
Total	117 100,0%	683 100,0%	233 100,0%	303 100,0%	411 100,0%	1747 100,0%

ATTITUDE IN CASE OF COLD: IN GENERAL

The question was, “What worries you the most about getting a cold? Can’t attend important social occasions, lose time at work, give the cold to your children and/or fellow workers, or being sick?” The list was read and only one mention was accepted.

Being sick was the main worry about catching a cold (53%). But at 68%, Quebecers were much more likely to cite this concern, as opposed to 35% of people in the Maritimes. Quebecers were less concerned about having to take time off work (2% against 9% for the rest of Canada). Maritimers were by far the most concerned about giving the cold to family members or fellow workers (47% compared to 30% of Canadians as a whole).

	Regions					Total
	Maritimes	Ontario	BC	West	Québec	
Can't attend important social occasions	4 3,4%	13 1,9%	16 6,9%	9 3,0%	7 1,7%	49 2,8%
Lose time at work	8 6,8%	85 12,5%	26 11,2%	31 10,2%	10 2,4%	160 9,2%
Give the cold to your children-fellow workers	55 47,0%	217 31,8%	69 29,6%	80 26,3%	98 23,8%	519 29,7%
Being sick	41 35,0%	332 48,7%	105 45,1%	160 52,6%	281 68,4%	919 52,6%
DK-NR	9 7,7%	35 5,1%	17 7,3%	24 7,9%	15 3,6%	100 5,7%
Total	117 100,0%	682 100,0%	233 100,0%	304 100,0%	411 100,0%	1747 100,0%

DANGEROUS PLACES FOR COLD OR FLU

The question was, "Where are you most worried about catching a cold or flu? At school, in buses, in planes, in crowds, at the workplace, at your house, or from other family members?" The list was read and two mentions were accepted.

Crowds were most often cited as the most dangerous place to catch the cold or flu, followed by the workplace, but there were numerous regional variations:

- ❖ Quebecers worry more than others about catching these illnesses on the bus.
- ❖ Quebecers and BC residents worry more about crowds than their counterparts in other provinces.
- ❖ In Quebec and the Maritimes, there is less concern about catching these illnesses on airplanes, but more concern about schools.

	Responses		Percent of Cases
	N	Percent	
At school	261	11,1%	15,0%
In buses	243	10,4%	13,9%
In planes	160	6,8%	9,2%
In crowds	686	29,2%	39,3%
At workplace	605	25,8%	34,6%
At your house	192	8,2%	11,0%
At hospital	36	1,6%	2,1%
At nursery	3	,1%	,2%
Outside	24	1,0%	1,4%
Others places	48	2,0%	2,7%
Everywhere	29	1,2%	1,6%
DK-NR	61	2,6%	3,5%
Total	2349	100,0%	134,5%

a. Group

	Regions					Total
	Maritimes	Ontario	BC	West	Québec	
At school	26 22,4%	90 13,2%	29 12,7%	35 11,6%	80 19,5%	261
In buses	8 6,7%	89 13,1%	38 16,3%	25 8,4%	83 20,2%	243
In planes	2 1,9%	68 10,0%	30 13,1%	40 13,2%	19 4,6%	160
In crowds	44 37,4%	258 37,9%	104 44,9%	97 31,9%	183 44,5%	686
At workplace	41 35,3%	244 35,8%	74 32,0%	105 34,7%	140 33,9%	605
At your house	15 13,2%	85 12,5%	21 9,1%	33 10,8%	38 9,2%	192
At hospital	2 2,1%	8 1,1%	1 ,5%	14 4,6%	11 2,7%	36
At nursery	0 ,0%	0 ,0%	0 ,0%	0 ,0%	3 ,8%	3
Outside	0 ,0%	4 ,6%	1 ,5%	8 2,6%	11 2,6%	24
10	1 ,8%	29 4,2%	0 ,0%	7 2,4%	0 ,0%	37
Others places	0 ,0%	6 ,8%	0 ,0%	2 ,6%	4 ,9%	11
Everywhere	2 1,6%	6 ,9%	3 1,4%	4 1,3%	13 3,2%	29
DK-NR	7 5,9%	24 3,6%	9 3,8%	11 3,6%	10 2,4%	61
Total	117	682	232	303	412	1746

Percentages and totals are based on respondents.

a.

USUAL TREATMENT FOR FLU

The question was, “When you catch the flu, how do you take care of it?” No choice was read and we accepted up to 3 mentions.

A total of 36% respondents said that they rested and booked off work, 33% drank lots of water and liquids, and 30% used analgesics to ease pain and discomfort. These are all passive, fatalistic solutions. Moreover, less than 1% of respondents said they never catch the flu.

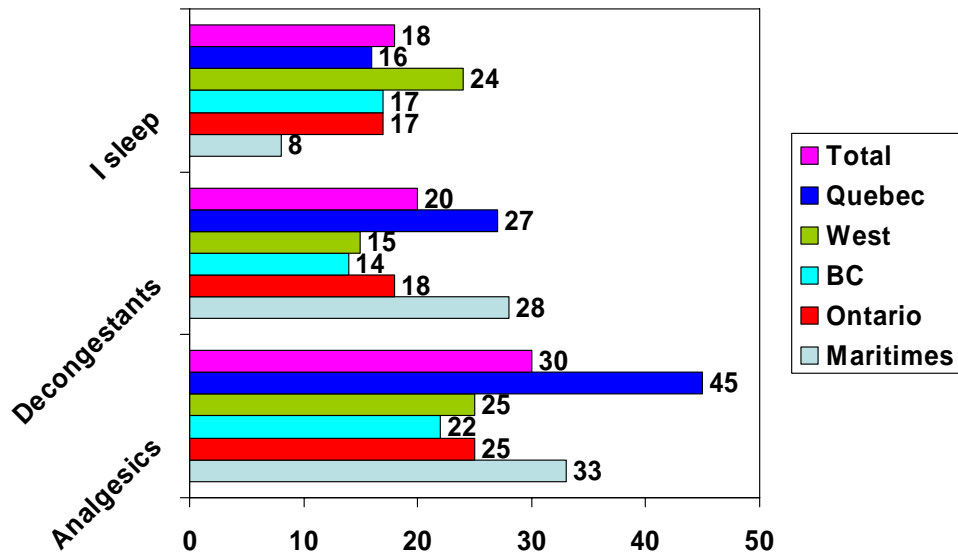
Again, there were significant regional variations:

- ❖ Quebecers were much more likely to take analgesics than other respondents.
- ❖ People in the Maritimes and Quebec used more decongestants.
- ❖ Westerners were more likely than others to sleep, while Maritimers were by far the least inclined to do so.
- ❖ BC and Maritime residents were the most likely to book off work in the case of illness, whereas Quebecers were the least likely to stay home

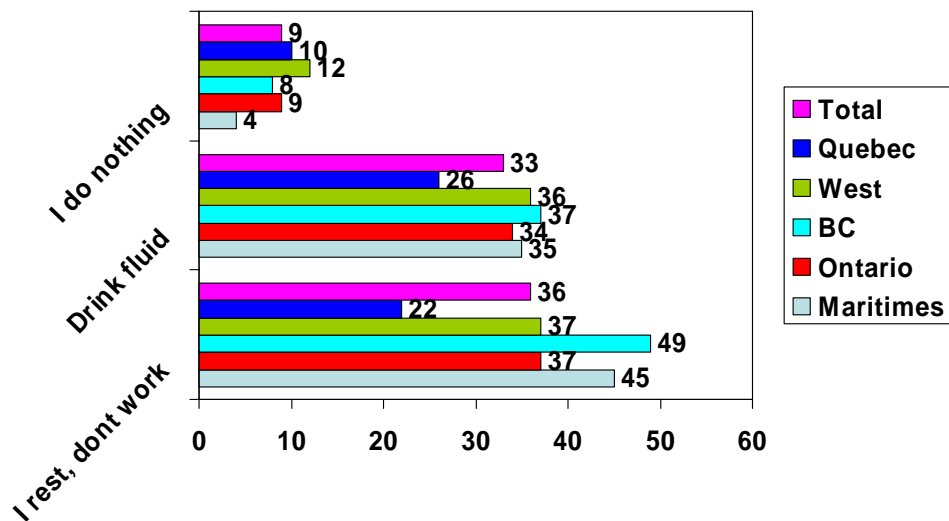
	Responses		Percent of Cases
	N	Percent	
Aspirin, Advil, Motrin, or other analgesics	523	16,7%	30,0%
decongestants, expectorants (Contact C, cough syrup, Benylin, etc.	342	10,9%	19,6%
throat products or lozenges	38	1,2%	2,2%
antibiotics	23	,7%	1,3%
I sleep	309	9,9%	17,7%
I rest, I don't go to work	623	19,9%	35,7%
I drink lots of fluid	575	18,4%	32,9%
I consult a physician, go to a clinic, etc.	154	4,9%	8,8%
I do nothing	158	5,0%	9,0%
Juices	22	,7%	1,3%
Natural products	45	1,4%	2,6%
Hot drink	54	1,7%	3,1%
Physical activities	4	,1%	,2%
Wash hands	4	,1%	,2%
Others	206	6,6%	11,8%
I never catch flu	22	,7%	1,3%
DK-NR	31	1,0%	1,8%
Total	3132	100,0%	179,4%

a. Group

USUAL TREATMENT FOR FLU -1 (%)



USUAL TREATMENT FOR FLU -2 (%)



	Regions					Total
	Maritimes	Ontario	BC	West	Québec	
aspirin, advil, motrin, or others analgesics	39 33,4%	169 24,8%	50 21,6%	77 25,5%	187 45,5%	523
decongestants, expectorants (contact C, cough syrup, Benylin, etc.	33 28,4%	123 18,0%	32 13,7%	45 14,8%	109 26,6%	342
throat products or lozenges	4 3,3%	13 1,9%	1 ,4%	4 1,4%	16 3,9%	38
antibiotics	2 2,1%	9 1,4%	1 ,5%	0 ,0%	10 2,5%	23
I sleep	9 7,9%	119 17,5%	41 17,5%	73 24,1%	67 16,2%	309
I rest, I don't go to work	53 45,2%	255 37,4%	114 49,3%	111 36,6%	89 21,7%	623
I drink lots of fluid	41 34,9%	231 33,8%	85 36,6%	110 36,4%	108 26,2%	575
I consult a physician, go to a clinic, etc.	11 9,6%	72 10,5%	20 8,4%	23 7,5%	29 7,1%	154
I do nothing	5 3,9%	59 8,6%	20 8,5%	35 11,6%	40 9,7%	158
Juices	1 ,8%	5 ,7%	5 2,3%	0 ,0%	11 2,7%	22
Naturels products	4 3,4%	18 2,6%	9 3,8%	0 ,0%	14 3,4%	45
Hot drink	3 2,9%	24 3,5%	8 3,5%	4 1,2%	15 3,5%	54
Physical activities	0 ,0%	0 ,0%	0 ,0%	0 ,0%	4 ,9%	4
Wash hands	1 ,8%	1 ,2%	1 ,4%	0 ,0%	1 ,3%	4
Others	11 9,2%	98 14,4%	22 9,6%	32 10,5%	42 10,3%	206
I never catch flu	2 1,9%	15 2,2%	2 ,9%	2 ,5%	2 ,4%	22
DK-NR	2 2,1%	12 1,8%	2 ,9%	8 2,7%	6 1,5%	31
Total	117	682	232	303	412	1746

Percentages and totals are based on respondents.

a. Group

USUAL TREATMENT FOR COLD

The question was, “Now, when you have a cold, how do you treat it?” No choice was read and we accepted up to 3 mentions.

	Responses		Percent of Cases
	N	Percent	
aspirin, advil, motrin, or others analgesics	525	17,5%	30,1%
decongestants, expectorants (contact C, cough syrup, Benylin, etc.	438	14,6%	25,1%
throat products or lozenges	56	1,9%	3,2%
antibiotics	27	,9%	1,6%
I sleep	228	7,6%	13,1%
I rest, I don't go to work	452	15,1%	25,9%
I drink lots of fluid	495	16,5%	28,4%
I consult a physician, go to a clinic, etc.	114	3,8%	6,5%
I do nothing	312	10,4%	17,9%
Juices	27	,9%	1,5%
Naturels products	31	1,0%	1,8%
Hot drink	64	2,1%	3,7%
Physical activities	5	,2%	,3%
Wash hands	7	,2%	,4%
Others	190	6,3%	10,9%
I never catch flu	6	,2%	,3%
DK-NR	23	,8%	1,3%
Total	3000	100,0%	171,8%

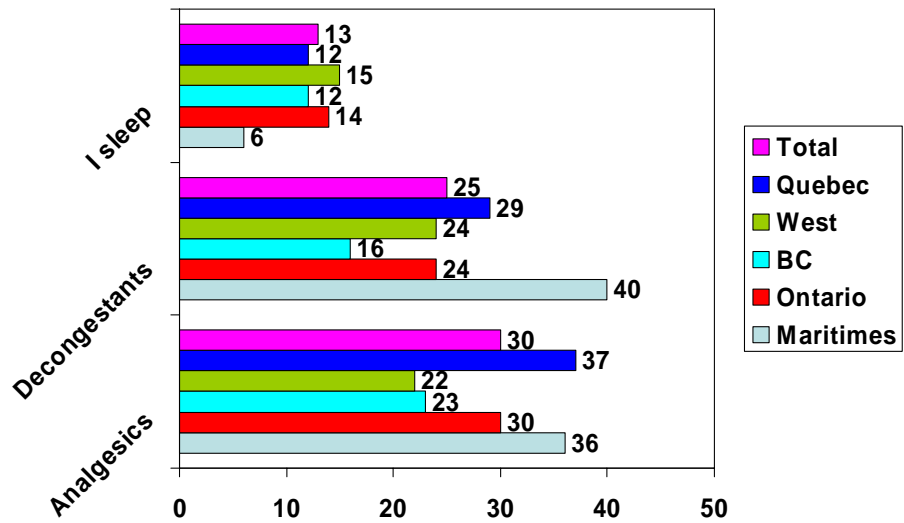
a. Group

Taking analgesics was the most common answer, followed in order by drinking fluids, resting and staying home from work, and taking decongestants. About 10% did nothing, and 0.2% claimed to never catch a cold or the flu.

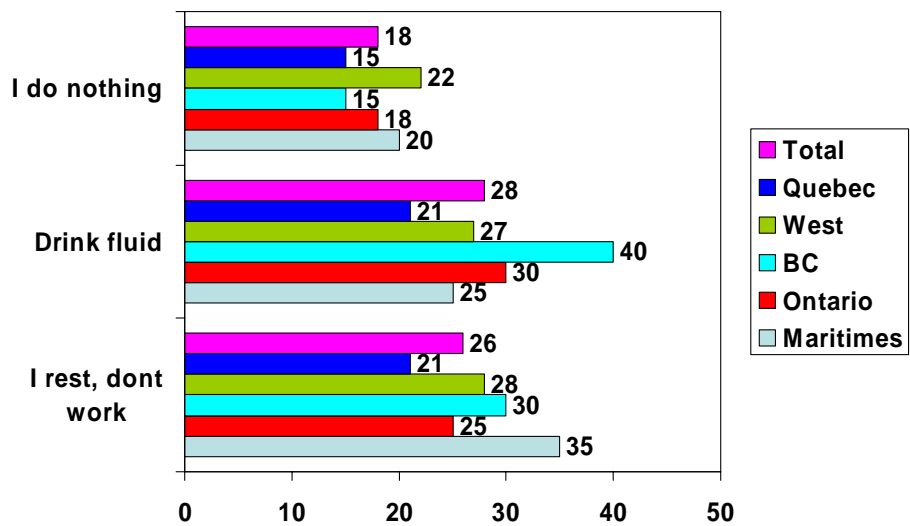
Here again, we found significant regional variations:

- ❖ Respondents in Quebec and the Maritimes significantly outpaced the other regions for analgesic and decongestant use.
- ❖ Maritimers were more likely to stay home from work, whereas Quebecers seem more likely to go to work anyway.
- ❖ In BC, people drink more liquids than elsewhere.
- ❖ Westerners are more likely to do nothing in particular.

USUAL TREATMENT FOR COLD -1



USUAL TREATMENT FOR COLD -2 (%)



Note : Correct, « dont » becomes « don't ».

	Regions					Total
	Maritimes	Ontario	BC	West	Québec	
aspirin, advil, motrin, or others analgesics	42 36,2%	208 30,5%	54 23,4%	66 21,9%	154 37,4%	525
decongestants, expectorants (contact C, cough syrup, Benylin, etc.	47 40,0%	162 23,8%	38 16,2%	72 23,6%	119 29,0%	438
throat products or lozenges	6 5,0%	16 2,4%	2 ,9%	7 2,2%	25 6,1%	56
antibiotics	2 2,1%	10 1,4%	8 3,2%	0 ,0%	8 1,8%	27
I sleep	7 6,1%	97 14,3%	27 11,6%	47 15,4%	50 12,2%	228
I rest, I don't go to work	41 35,1%	169 24,8%	70 30,2%	86 28,2%	86 21,0%	452
I drink lots of fluid	29 25,0%	203 29,8%	93 40,2%	83 27,4%	87 21,1%	495
I consult a physician, go to a clinic, etc.	6 4,8%	59 8,7%	23 9,8%	9 2,8%	18 4,4%	114
I do nothing	23 19,9%	123 18,0%	35 14,9%	68 22,4%	64 15,5%	312
Juices	5 4,2%	11 1,6%	3 1,4%	3 1,1%	4 1,1%	27
Naturels products	2 1,6%	10 1,5%	2 ,9%	1 ,3%	16 3,8%	31
Hot drink	1 ,7%	33 4,9%	6 2,6%	15 4,8%	9 2,2%	64
Physical activities	0 ,0%	3 ,4%	0 ,0%	0 ,0%	2 ,5%	5
Wash hands	0 ,0%	4 ,6%	0 ,0%	2 ,6%	1 ,4%	7
Others	9 7,8%	67 9,8%	39 16,8%	36 11,9%	38 9,3%	190
I never catch flu	1 1,1%	3 ,5%	0 ,0%	0 ,0%	1 ,3%	6
DK-NR	0 ,0%	4 ,5%	12 5,2%	3 ,8%	5 1,3%	23
Total	117	682	232	303	412	1746

Percentages and totals are based on respondents.

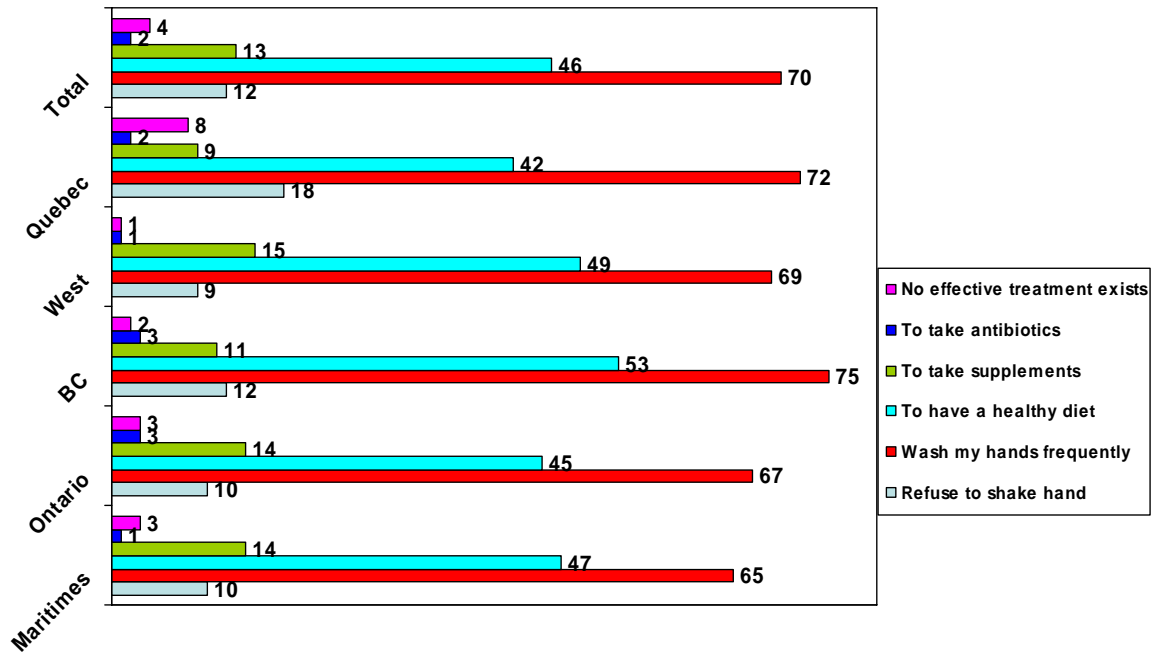
a. Group

THE BEST WAY TO PREVENT A COLD

The question was, "I will read the flowing statements and tell me if they seem somewhat accurate or somewhat inaccurate. According to you, what is the best way to prevent a cold? Avoid shaking hands, wash my hands frequently, have a healthy diet, take supplements, take antibiotics, or no effective prevention exists?" The list was read and two mentions were accepted.

Hand washing is clearly the most common preventive measure among the public. Eating a healthy diet was the second most common response. Regional variations were not pronounced, although Quebecers are more likely to avoid shaking hands, and British Columbians more likely to wash their hands.

THE BEST WAY TO PREVENT A COLD (%)



	Responses		Percent of Cases
	N	Percent	
Refuse to shake hands	206	7,9%	11,8%
Wash my hands frequently	1216	46,8%	69,6%
To have a healthy diet	806	31,0%	46,2%
To take supplements	222	8,6%	12,7%
To take antibiotics	43	1,7%	2,5%
No effective treatment exists	69	2,6%	3,9%
DK-NR	35	1,3%	2,0%
Total	2597	100,0%	148,7%

a. Group

	Regions					Total
	Maritimes	Ontario	BC	West	Québec	
Refuse to shake hand	12 9,9%	66 9,7%	28 12,1%	27 8,8%	73 17,7%	206
Wash my hands frequently	77 65,3%	458 67,2%	175 75,1%	208 68,7%	299 72,5%	1216
To have a healthy diet	55 47,2%	306 44,9%	123 53,1%	149 49,1%	173 42,0%	806
To take supplements	17 14,1%	98 14,3%	25 10,8%	46 15,2%	37 9,0%	222
To take antibiotics	2 1,3%	23 3,3%	6 2,6%	4 1,2%	9 2,3%	43
No effective treatment exists	3 2,8%	21 3,1%	6 2,5%	3 1,1%	35 8,5%	69
DK-NR	4 3,1%	16 2,3%	2 ,9%	5 1,8%	8 1,9%	35
Total	117	682	232	303	412	1746

Percentages and totals are based on respondents.

a. Group

IMMUNE SYSTEM AND COLD OR FLU

The question was, "Do you think a strong immune system can help protect you from catching a cold or the flu?" Fully 86% of respondents answered in the affirmative. Only 7% rejected any correlation. There were no significant differences between regions.

	Regions					Total
	Maritimes	Ontario	BC	West	Québec	
Yes	96 82,1%	592 86,8%	195 84,1%	265 87,7%	347 84,2%	1495 85,7%
I am not sure	5 4,3%	44 6,5%	13 5,6%	17 5,6%	29 7,0%	108 6,2%
No	10 8,5%	39 5,7%	22 9,5%	18 6,0%	31 7,5%	120 6,9%
DK-NR	6 5,1%	7 1,0%	2 ,9%	2 ,7%	5 1,2%	22 1,3%
Total	117 100,0%	682 100,0%	232 100,0%	302 100,0%	412 100,0%	1745 100,0%

APPENDIX 1: STATISTICAL CROSS-TABULATION BY AGE AND SEX

Q1

q1 * Sexe Crosstabulation

% within Sexe

	Sexe		Total
	Man	Women	
Go to work but leave early	9,7%	7,2%	8,4%
Sleep in and go to work late	4,0%	1,1%	2,5%
Go to work but are less productive	43,5%	40,6%	42,0%
Call in sick	16,2%	16,4%	16,3%
Dont work outside	20,7%	31,6%	26,2%
DK-NR	6,0%	3,1%	4,5%
Total	100,0%	100,0%	100,0%

% within Ages

	Ages						Total
	18-24	25-34	35-44	45-54	55-64	65 and +	
Go to work but leave early	9,2%	10,8%	9,8%	9,5%	9,6%	1,4%	8,4%
Sleep in and go to work late	3,9%	4,9%	2,3%	2,3%	1,6%	,3%	2,5%
Go to work but are less productive	53,1%	49,5%	55,5%	51,3%	33,5%	5,6%	42,0%
Call in sick	28,5%	20,7%	16,2%	19,0%	13,5%	2,4%	16,3%
Dont work outside	4,3%	11,1%	8,4%	12,4%	37,1%	86,8%	26,2%
DK-NR	1,0%	3,0%	7,8%	5,5%	4,8%	3,5%	4,5%
Total	100,0%	100,0%	100,0%	100,0%	100,0%	100,0%	100,0%

Q2

% within Sexe

	Sexe		Total
	Man	Women	
Avoid shaking their hands	21,5%	14,0%	17,9%
Avoid contact all together	22,1%	25,0%	23,4%
Behave the same as usual	37,6%	36,6%	37,2%
Suggest they go home	15,0%	22,2%	18,4%
Dont work outside	1,6%	1,3%	1,5%
DK-NR	2,2%	1,0%	1,6%
Total	100,0%	100,0%	100,0%

% within Ages

	Ages						Total
	18-24	25-34	35-44	45-54	55-64	65 and +	
Avoid shaking their hands	20,6%	14,8%	17,9%	19,5%	19,0%	10,5%	17,9%
Avoid contact all together	13,6%	21,4%	25,8%	27,7%	27,2%	18,4%	23,5%
Behave the same as usual	42,7%	47,2%	31,1%	29,0%	39,9%	39,5%	37,1%
Suggest they go home	22,6%	14,0%	21,7%	19,5%	11,4%	18,4%	18,3%
Dont work outside	,5%	1,5%	1,3%	1,7%	1,3%	10,5%	1,6%
DK-NR		1,1%	2,2%	2,6%	1,3%	2,6%	1,6%
Total	100,0%	100,0%	100,0%	100,0%	100,0%	100,0%	100,0%

Q3

% within Sexe

	Sexe		Total
	Man	Women	
Provide them with care	29,7%	36,0%	32,9%
Have usual contact with them	28,6%	24,3%	26,4%
Have usual contact but avoid kissing them	22,7%	23,4%	23,0%
Avoid contact of any kind	14,1%	11,0%	12,6%
DK-NR	4,9%	5,3%	5,1%
Total	100,0%	100,0%	100,0%

% within Ages

	Ages						Total
	18-24	25-34	35-44	45-54	55-64	65 and +	
Provide them with care	37,5%	36,6%	33,4%	34,4%	29,1%	26,5%	32,9%
Have usual contact with them	32,7%	31,4%	27,1%	20,8%	27,1%	22,3%	26,4%
Have usual contact but avoid kissing them	18,3%	19,6%	26,2%	28,3%	23,5%	19,2%	23,0%
Avoid contact of any kind	7,2%	10,8%	10,7%	11,8%	13,1%	20,2%	12,5%
DK-NR	4,3%	1,6%	2,6%	4,6%	7,2%	11,8%	5,2%
Total	100,0%	100,0%	100,0%	100,0%	100,0%	100,0%	100,0%

Q4

% within Sexe

	Sexe		Total
	Man	Women	
Can't attend important social occasions	2,9%	2,7%	2,8%
Lose time at work	9,4%	9,0%	9,2%
Give the cold to your children-fellow workers	26,9%	32,4%	29,7%
Being sick	54,2%	51,0%	52,6%
DK-NR	6,5%	4,9%	5,7%
Total	100,0%	100,0%	100,0%

	Regions					Total
	Maritimes	Ontario	BC	West	Québec	
Can't attend important social occasions	4 3,4%	13 1,9%	16 6,9%	9 3,0%	7 1,7%	49 2,8%
Lose time at work	8 6,8%	85 12,5%	26 11,2%	31 10,2%	10 2,4%	160 9,2%
Give the cold to your children-fellow workers	55 47,0%	217 31,8%	69 29,6%	80 26,3%	98 23,8%	519 29,7%
Being sick	41 35,0%	332 48,7%	105 45,1%	160 52,6%	281 68,4%	919 52,6%
DK-NR	9 7,7%	35 5,1%	17 7,3%	24 7,9%	15 3,6%	100 5,7%
Total	117 100,0%	682 100,0%	233 100,0%	304 100,0%	411 100,0%	1747 100,0%

Q5

	Sexe		Total
	Man	Women	
At school	118 10,5%	143 11,7%	261
In buses	124 11,0%	119 9,8%	243
In planes	71 6,3%	89 7,3%	160
In crowds	306 27,1%	381 31,2%	686
At workplace	295 26,2%	310 25,4%	605
At your house	96 8,5%	96 7,8%	192
At hospital	26 2,3%	11 ,9%	36
At nursery	1 ,1%	3 ,2%	3
Outside	15 1,3%	9 ,8%	24
Others places	32 2,8%	16 1,3%	48
Everywhere	8 ,7%	21 1,7%	29
DK-NR	37 3,2%	24 2,0%	61
Total	1129	1220	2349

Percentages and totals are based on responses.

a. Group

	Ages						Total
	18-24	25-34	35-44	45-54	55-64	65 and +	
At school	70 25,6%	60 14,0%	54 10,9%	39 8,6%	26 8,0%	12 3,3%	261
In buses	43 15,5%	50 11,6%	51 10,3%	33 7,2%	28 8,6%	39 10,7%	243
In planes	1 ,5%	16 3,7%	30 6,1%	36 8,0%	31 9,3%	46 12,7%	160
In crowds	53 19,2%	89 20,7%	121 24,4%	130 28,6%	127 38,7%	165 45,7%	685
At workplace	69 25,2%	145 33,8%	157 31,6%	147 32,2%	73 22,3%	13 3,6%	604
At your house	19 6,8%	42 9,9%	56 11,2%	34 7,5%	15 4,5%	27 7,4%	192
At hospital	0 ,0%	5 1,1%	6 1,2%	4 ,9%	6 1,7%	15 4,2%	35
At nursery	0 ,0%	3 ,6%	1 ,1%	0 ,0%	0 ,0%	0 ,0%	3
Outside	5 1,9%	3 ,6%	1 ,1%	7 1,5%	0 ,2%	9 2,4%	24
Others places	9 3,3%	9 2,0%	8 1,6%	1 ,3%	5 1,5%	16 4,3%	48
Everywhere	1 ,4%	4 1,0%	5 1,1%	6 1,3%	6 2,0%	4 1,2%	28
DK-NR	4 1,5%	5 1,1%	7 1,3%	18 3,9%	11 3,4%	16 4,6%	61
Total	274	429	497	455	329	361	2345

Percentages and totals are based on responses.

a. Group

Q6

	Responses		Percent of Cases
	N	Percent	
Aspirin, Advil, Motrin, or other analgesics	523	16,7%	30,0%
decongestants, expectorants (Contact C, cough syrup, Benylin, etc.	342	10,9%	19,6%
throat products or lozenges	38	1,2%	2,2%
antibiotics	23	,7%	1,3%
I sleep	309	9,9%	17,7%
I rest, I don't go to work	623	19,9%	35,7%
I drink lots of fluid	575	18,4%	32,9%
I consult a physician, go to a clinic, etc.	154	4,9%	8,8%
I do nothing	158	5,0%	9,0%
Juices	22	,7%	1,3%
Natural products	45	1,4%	2,6%
Hot drink	54	1,7%	3,1%
Physical activities	4	,1%	,2%
Wash hands	4	,1%	,2%
Others	206	6,6%	11,8%
I never catch flu	22	,7%	1,3%
DK-NR	31	1,0%	1,8%
Total	3132	100,0%	179,4%

a. Group

Q7

	Sexe		Total
	Man	Women	
aspirin, advil, motrin, or others analgesics	239 17,1%	286 17,8%	525
decongestants, expectorants (contact C, cough syrup, Benylin, etc.	201 14,3%	237 14,8%	438
throat products or lozenges	23 1,7%	33 2,0%	56
antibiotics	12 ,9%	15 ,9%	27
I sleep	98 7,0%	130 8,1%	228
I rest, I don't go to work	202 14,5%	250 15,6%	452
I drink lots of fluid	205 14,6%	291 18,2%	495
I consult a physician, go to a clinic, etc.	67 4,8%	48 3,0%	114
I do nothing	187 13,4%	124 7,8%	312
Juices	13 ,9%	14 ,9%	27
Naturels products	9 ,7%	21 1,3%	31
Hot drink	23 1,7%	41 2,6%	64
Physical activities	5 ,3%	0 ,0%	5
Wash hands	0 ,0%	7 ,5%	7
Others	96 6,9%	93 5,8%	190
I never catch flu	2 ,1%	4 ,2%	6
DK-NR	16 1,2%	7 ,5%	23
Total	1399	1601	3000

Percentages and totals are based on responses.

a. Group

\$Q7*q19 Crosstabulation

	Ages						Total
	18-24	25-34	35-44	45-54	55-64	65 and +	
aspirin, advil, motrin, or others analgesics	59 16,5%	81 16,5%	88 14,7%	119 19,9%	80 17,8%	96 19,3%	523
decongestants, expectorants (contact C, cough syrup, Benylin, etc.	49 13,7%	80 16,2%	96 16,1%	103 17,3%	62 13,7%	46 9,2%	437
throat products or lozenges	2 ,5%	13 2,7%	7 1,2%	10 1,7%	11 2,4%	13 2,5%	56
antibiotics	10 2,8%	7 1,4%	2 ,3%	3 ,5%	4 ,9%	2 ,3%	27
I sleep	31 8,6%	49 9,8%	48 8,0%	48 8,1%	30 6,7%	23 4,5%	228
I rest, I don't go to work	47 13,1%	78 15,9%	94 15,7%	72 12,1%	72 16,0%	88 17,7%	451
I drink lots of fluid	55 15,4%	72 14,6%	100 16,8%	99 16,5%	81 18,0%	88 17,7%	495
I consult a physician, go to a clinic, etc.	38 10,7%	20 4,1%	20 3,4%	9 1,5%	17 3,8%	9 1,9%	114
I do nothing	30 8,3%	47 9,5%	64 10,8%	51 8,6%	53 11,9%	65 13,0%	311
Juices	4 1,2%	3 ,7%	10 1,7%	6 ,9%	2 ,4%	2 ,4%	27
Naturels products	1 ,2%	5 1,0%	8 1,4%	10 1,6%	0 ,1%	6 1,3%	31
Hot drink	13 3,7%	5 1,0%	11 1,8%	14 2,4%	7 1,6%	13 2,7%	64
Physical activities	1 ,2%	3 ,7%	0 ,0%	1 ,1%	0 ,0%	0 ,0%	5
Wash hands	0 ,0%	2 ,4%	3 ,5%	2 ,4%	0 ,1%	0 ,0%	7
Others	18 4,9%	24 4,8%	40 6,7%	43 7,3%	24 5,4%	39 7,9%	189
I never catch flu	0 ,0%	0 ,0%	0 ,0%	1 ,1%	3 ,7%	2 ,4%	6
DK-NR	0 ,0%	3 ,6%	5 ,9%	7 1,1%	3 ,6%	6 1,2%	23
Total	359	493	597	599	449	497	2994

Percentages and totals are based on responses.

a. Group

Q8

	Sexe		Total
	Man	Women	
Refuse to shake hand	105 8,6%	100 7,3%	206
Wash my hands frequently	501 40,7%	715 52,3%	1216
To have a healthy diet	404 32,9%	402 29,4%	806
To take supplements	119 9,7%	103 7,5%	222
To take antibiotics	28 2,3%	16 1,1%	43
No effective treatment exists	43 3,5%	26 1,9%	69
DK-NR	29 2,3%	6 ,4%	35
Total	1229	1368	2597

Percentages and totals are based on responses.

a. Group

Crosstabulation

	Ages						Total
	18-24	25-34	35-44	45-54	55-64	65 and +	
Refuse to shake hand	12 4,1%	22 4,8%	49 9,2%	50 9,9%	39 10,2%	34 7,7%	205
Wash my hands frequently	127 45,1%	208 45,8%	249 47,0%	235 46,2%	174 45,9%	220 50,4%	1214
To have a healthy diet	96 34,0%	163 36,0%	162 30,5%	146 28,6%	116 30,5%	123 28,2%	806
To take supplements	12 4,4%	37 8,0%	46 8,7%	62 12,1%	31 8,1%	34 7,9%	222
To take antibiotics	11 4,0%	4 ,9%	10 1,8%	5 ,9%	5 1,4%	8 1,9%	43
No effective treatment exists	14 5,0%	12 2,7%	12 2,3%	10 1,9%	11 2,9%	9 2,0%	68
DK-NR	9 3,3%	8 1,9%	2 ,5%	2 ,4%	4 ,9%	9 2,0%	35
Total	282	454	530	510	380	437	2593

Percentages and totals are based on responses.

a. Group

Q9

% within Sexe

	Sexe		Total
	Man	Women	
Yes	84,4%	86,7%	85,6%
I am not sure	6,0%	6,4%	6,2%
No	8,2%	5,6%	6,9%
DK-NR	1,5%	1,2%	1,4%
Total	100,0%	100,0%	100,0%

2 * Ages Crosstabulation

% within Ages

	Ages							Total
	18 -24	25- 34	35- 44	45- 54	55- 64	65 and +	N.R.	
Yes	87,9%	85,6%	85,9%	87,3%	87,3%	80,5%	50,0%	85,6%
I am not sure	4,9%	6,5%	5,5%	5,8%	5,6%	8,7%		6,2%
No	7,3%	6,5%	7,8%	5,2%	6,4%	8,7%		6,9%
DK-NR		1,3%	,9%	1,7%	,8%	2,1%	50,0%	1,3%
Total	100,0%	100,0%	100,0%	100,0%	100,0%	100,0%	100,0%	100,0%

Q10

Q10* Sexe Crosstabulation

% within Sexe

	Sexe		Total
	Man	Women	
Yes	36,3%	41,4%	38,9%
I am not sure	2,6%	4,8%	3,7%
No	61,0%	53,4%	57,1%
DK-NR	,1%	,3%	,2%
Total	100,0%	100,0%	100,0%

Q10* Age Crosstabulation

% within Ages

	Ages							Total
	18 -24	25- 34	35- 44	45- 54	55- 64	65 and +	N.R.	
Yes	27,9%	42,0%	45,2%	43,5%	43,8%	26,8%		39,0%
I am not sure	4,8%	6,9%	4,3%	2,3%	2,0%	2,1%		3,7%
No	66,8%	51,1%	49,9%	54,2%	54,2%	71,1%	100,0%	57,1%
DK-NR	,5%		,6%	,0%	,0%	,0%		,2%
Total	100,0%	100,0%	100,0%	100,0%	100,0%	100,0%	100,0%	100,0%