

## APPENDIX 2 COMMENTS ON QUESTIONS

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The comments are reproduced here verbatim with only corrections to spelling and grammar included.

### ACTIVITIES DURING LOCKDOWN

My wife and I were in home quarantine on return from Melbourne

I happen to be in hospital so only mask warn

There were not public events

Used my bicycle for transport (as usual)

I painted footpath finds, like gum nuts and leaves from my walks

Not a lot of change in some ways. Lots to do in garden and trying to deal with ongoing chaos in house.

I was also essential worker so I worked some days at the office

2.5km exercise radius, whilst accepted, was difficult

I was quarantining so couldn't leave my house

I am housebound with a chronic illness so there was no change for me. I do volunteer work online and over the phone and zoom anyway.

Grocery shopping only

Lots of planned events and performances were cancelled

I have avoided everyone for the past 18 months. It's very depressing.

Work = volunteer and community work

I always work at home, but i also do what i want because i AM NOT A SLAVE. these illegal orders put in place by these CRIMINAL politicians are pathetic and disgusting. THESE PEOPLE MUST BE PUNISHED FOR THEIR CRIMES

Went to work as usual

Work from home includes gardening and household maintenance

I always work from home, and have done so for more than 25 years, so the lockdown had no direct impact at all on me (but it did have an impact on my family, and prevented me from visiting an aged parent).

Volunteer work

Plus shopping for and elderly parent in separate accommodation

We were in quarantine

Was in quarantine

Food shopping only. The Olympics was a Godsend.

Home schooled, studied online

I u did unpaid voluntary work from home

As there were no events occurring, the option "Avoided public spaces and events" is not relevant. It would be better worded "Avoided public spaces".

Only left residence for food shopping

I did not go for walks or exercise because the weather was quite bad (windy/stormy and a lot of rain). It likely would have been different if the weather was better.  
 I only went out once during the 7-day lockdown, for a 90 minute walk, and so did not need to use a facemask.  
 My spouse did the grocery shopping (once) during the lockdown so I didn't need to go out for shopping purposes.

We had quarantine and lock down very close together, the latter was much easier.

Aware that other people were a health hazard and avoided interaction.

Stayed at home and had food delivered and garden supplies delivered from Mitre 10  
 As a single parent (my husband was an essential) worker, I was also an essential worker but could work from home, it was extremely difficult to navigate caring for my children, home schooling and maintaining a 40 hour week as a CEO in Local Government. I elected not to send my children to school as the state government message was to minimise movement and Councils were expected to be leaders in obeying by the direction.

We were in North Queensland on a trip planned 2 months earlier

I am a bushcare volunteer so during lockdowns I simply work to improve the bush

I minimised the number of times I had to shop so as to minimise wearing a mask  
 Because the lockdown included the construction industry and the weather was extremely wet and windy, we were concerned about power outages and tree damage at our hills property where we are renovating the farmhouse.

I did not leave the house during the seven days.

In July there was no compunction in SA to wear a mask and as I hate the things, I did not wear a mask.

No trouble staying home, quite busy with hobbies and weeds

Worked on our conservation land 600kms from home where we were camped when lockdown occurred

There appeared to be less people about, so it was easy to social distance when shopping.

It's hard for me to spend the whole week with my 7year old boy in the lockdown.  
 My household was also in self isolation at the time, so we only ended up being allowed out for two of the seven days anyway

Unable to work from home

Continued working in the office as an "essential worker" also workplace didn't have enough laptops/equipment for all staff to work from home

## COMMENTS ON LOCKDOWN

It was difficult for my elderly mother that we could not see each other.

Stayed in touch by phone and other social media

During the 7 day lockdown I went for a couple of walks and ran across some family doing the same thing. If not it would have been hard

Getting around undetected by the cops was fun though

Able to visit ageing parents

Accepted it, but i do miss them in Melbourne

Normally see family 3 or 4 times a year (i.e., not dependent).

Contact made with sister as companion

Because of the COVID- 19 lockdown requirements, I was permitted to visit my infirm elderly mother.

Phone and text contact

We don't have any family members SA so we couldn't visit interstate anyway.

My mother was dying of lung cancer, this was a cruel and unnecessary measure

Family lives interstate

Understanding how important isolation was, it was always good to speak with family and close friends on the phone, however it's never quite the same

7 days is not that long. I have been bedridden for months and chronically ill for years with no end in sight.

As both of my housemates went to other households for the duration of the lockdown, I formed a "singles bubble" with my Mum, who is also resides in a single person household

My family is all interstate so the lockdown itself didn't change this. However, with borders shut it is difficult not being able to go back for a more extended period of time.

Family live interstate anyway

Family is in Victoria - our lockdown didn't make visiting them any more difficult

No family in South Australia

One of them at a time could still visit me

Adult children and my mum live with us. My mum is in self contained section of the house.

Worst 18 months of my life and I was beaten black and blue for 15 years.

Family is overseas

No family in SA to visit.

MY KIDS ARE STRANDED OVERSEAS FOR 2 YEARS FOR NO DAMN REASON. WE KNOW THAT THE PCR IS A FRAUD; THE NUMBERS ARE A FRAUD AND BY EXTENSION, THIS GOVT IS A FRAUD

It was only a short lockdown so very easy

It's terrible that people who live in their own can have no contact with others - there mental health must suffer

Single Mum with 2 year old so missed adult interaction.

Family is in the UK

One child interstate.

It was only 7 days. The first lockdown in 2020 was much harder and scarier.

Still not been able to visit first grandson in Townsville Q now 2 months old.

Family live interstate so used to not seeing them.

All my family live interstate ie NSW, Qld and ACT

Got harder closer to 14 th day

Interstate family with new-born issues

Family lives overseas

I lived with all my family in the same household. Thus, we spent the whole lockdown together.

My family is overseas, I have not been able to visit them for 1.5 years and no end is in sight. It is always very difficult.

My mother aged 97 is in a nursing home.

I support a twin sister with dementia, in an ACT Aged Care home. Not being able to visit was stressful to both. She cannot use a phone; only communication is through writing, which now takes nearly a week to be delivered.

We kept in contact via phone and zoom

We see family perhaps every week or two, and so a 7 day break was not unusual.

Fortunate in being able to hold a significant family birthday event just before the lockdown

Living in same household

I gardened and pulled a few weeds when frustrated

Hard to visit grandchildren in Sydney.....don't see a lot of the others anyway

I don't visit family every week anyway. We talked on the phone or emailed. My spouse normally visits elderly parents once a week and was not able to do this, but likewise talked on the phone. It was only one week and there was no urgency to visit so we were okay with it.

1 week was enough feel very sorry for Vic NSW

Three of our four adult children do not live in SA

Kept in touch via phone and email

Skype / Face-time helped by providing the opportunity for visual interaction

My sister and I were due to go to Robe to catch up with our other sister who lives in Victoria but the holiday had to be cancelled of course. This has happened a few times with Victorians not being allowed to come into SA. Hopefully we will all see each other before the year is out.

Used phone, email, etc

Lock down had very little effect on our day to day lives, being retired and at home most of the time. Having a large property close to townships and facilities meant that it was easy.

No family in Adelaide, but visit of family from Melbourne cancelled which was very sad for us.

Visited mum on day 0. we could visit her for care anyway. But she was OK

Children interstate

Most of my family live interstate

Missed seeing our family and 2 year old grand daughter

Have two daughters living in Regional Victoria (70 Km from Mt. Gambier) and due to various factors, mainly Covid, I have not seen one daughter for two years.

We live away from our family so it was not such of an impact

Daughter and family live in NZ

We were in North Queensland that week

More than difficult as my three daughters live in Austria, Sydney and Melbourne so I couldn't see any of them.

I live in SA; my son and his family, including grandsons live in Queensland I haven't seen them for nearly two years which is sad

My family is not in Australia so the question did not apply to my situation

Our adult daughter lives alone and currently has no job, so she was sad and lonely. Our eldest son is married and living interstate with 2 children under 3, including one born during the initial Covid shutdown in April 2020. We miss our grandchildren. Our youngest son is in Canada and unable to return home.

My family live overseas; my wife's family live inter-state.

For people living alone, the inability to engage with others has been the most difficult thing about being locked in.

Frankly, engaging electronically doesn't really cut it.

Just waited for end of lockdown.

Thank goodness for technology.

Seven days isn't too long a period

Most of my family is in other states or overseas so the broader effects of the erratic state border lockdowns and international travel restrictions have had a much more - and very challenging - set of effects.

Our family was living with us

My families are in China. Not only the lockdown but also the borders shutdown is terrible for us, isolated from family.

My spouse is employed in the US and by that stage we had been parted for 18 months due to Australian border closures and inability to travel. Local friends and family provide important mental health support.

My family are Victoria and I haven't seen them since June

My family is mostly interstate, so that's already difficult regardless of lockdown.

Experienced lockdowns and quarantine interstate and overseas during 2020

Our family are all interstate or overseas

I was able to see my mother

It's most difficult not being able to visit family interstate

Uncertainty and anxiety

My partner lives overseas. We haven't been able to see each other since January 2020.

Good- get to have a break from work and catch up with house chores

Quiet time, a break from regularly caring for a grandchild, a chance to tidy up cupboards and declutter, a chance to read.

#### **MAIN HIGHLIGHTS OF PHYSICAL ISOLATION, GOOD OR BAD?**

**G – good, B = Bad, GB = neutral or both**

B Very bad being treated like a prisoner

G It was a short time, life slowed, but that was ok. I have a garden.

B Theatre and other events being cancelled or rescheduled frequently

GB It was quite lonely and confusing, but it was also quite short so not too bad.

G Very little change to normal life

GB Did a lot of reading which was good. Could not do my normal exercise which was bad.

GB Neither good bad, a few local sporting events we couldn't do.

G All good, we were never bored. There was so much to do around the house. Reconnecting with my partner and taking deep breathes and having time to smell the roses was a bonus. Recharging our selves

G Good. Got jobs done around the house - without interruption!!

G It wasn't that different to normal. There were some things we couldn't do but these could be postponed without difficulty. We missed not seeing/babysitting grandchildren but again this was not for long - same as if we or they went on a short holiday.

B Lonely

B My frustration at the stupidity of lockdowns caused me the most angst. If social distancing works, then why do we need masks? If social distancing and masks work, then why do we lockdown.

G Not feeling obliged to be going out and doing things. I did more craft work and reading than I would have normally done.

G Having constructive time at home

G Time to reflect on what's important in life. More quiet time and meditation activities. The "slowing down" of life was good. Time to think of others, growth in compassion and wanting to offer help to others.

G Doing the right thing worked

G Phone and social media used more. Experiment with new hair style because it didn't matter how it looked. Not having to wear makeup

G Contemplation Time. Exercise time.

G Time with kids, spending time as a family.

GB Good, more time to read and hang out with my cat. Bad, not being able to see my lover.

G No highlights, life flattens out

GB Both. the first lockdown was easy, even enjoyable, but this one seemed never-ending, even though it was short.

G Time off work, relaxed a little

G Peace No obligations

GB There were none - I worked and studied flat out from home the entire time

G The motor vehicle and air traffic noise stopped!!

G The Olympics were on & we were able to leave the house to exercise, so it didn't phase me too much

G Traffic was good and less pollution, you can see it with the increasing number of bees, butterflies and birds around.

B BAD

B Lack of regular contact with children/grandchildren

G I tried to find joy in small things

G It was not very different for me as I am not working at the moment.

B Boredom

B Lack of contact bad

G Having my (working) partner home - good.

G Certainty - there is feeling of stress beforehand - will it happen? How bad will it be? Lockdown once its declared is unequivocal. Plus where we live and at our stage of life it is easy. However - it was only 7 days.

G An opportunity to get on with gardening and house sorting. Main problem not being able to recycle anything as i sorted it. Before lockdown started I made sure to pick up a friend, he has a brain injury and spends a lot of time here anyway, but doesn't really cook, and most of his services would have been closed,

G Peace and quiet city

G Good. The lockdown didn't affect me. I exercised by walking 2.5 kms from my house but in different directions each day and met many new people in their front gardens. My little court where I lived had morning afternoon tea from our fences. I visited (bubble) a neighbour who also lived alone. Made more friends.

G Missed my studio exercise classes, but my stretch class went online and has zoomed ever since. Walked more outdoors around the immediate neighbourhood. Isolation not a problem, stayed in touch with friends & family by phone.

G Change of pace

B Irritating not to be able to go for a decent bike ride without aimlessly wandering local streets

GB Dreary solitude. Happy to walk my dog daily.

G I felt safer in isolation. It was worth the effort.

G Time for myself was good. Not being able to physically see family was a challenge but we were able to maintain contact via phone calls and messaging.

GB Like the curate's egg - good parts and some bad parts

GB Main highlights - as a single person, the bad one was not seeing close friends. Generally because I needed to be in my workplace and visit my mother, I was not as adversely affected as other people.

GB Good--I was able to read and write. Bad-- lack of human contact

G Planning your day - work , exercise and shopping

G Having myself and my wife working at the same place, separate rooms. Interstate travel limitations

G Good

G had no issue with it

B Loneliness, Sense of imprisonment, loss of control

G Manageable

G Good for me

B Lockdowns don't work! Do some research outside our idiot advice in Australia

GB I work full time. Hardly made a difference. Just crazy people walking around in a crazy society scared of virus that is hardly apparent.

G Working from home, not having to travel to work, more time to cook better, healthier food.

G Spring cleaning

G I'm an introvert. Lockdowns are great for me as I am forced to work from an office for the sake of working from an office

G Time to do lots of things which I often don't have time for like giving the house a thorough tidy!

GB Not much to say. It sucked being alone, but it was nice at some points. I knew it was necessary, so it felt good to be staying home.

G Preventing catching the virus.

B Bad

B None. It was bad as can be

G peace and quiet. Less hectic life. Knowing I was helping to beat the pandemic. Bad. None

G Daily yoga, cooking fresh good daily, early nights, time to garden in between work

G Good

G Unremarkable

G I enjoyed a bit of peace

G Clean up the house

B Knowing that likely duration of lockdown would be 7 days helped but 2.5km exercise radius disrupted preferred, and valued, routines. This and overall isolation made the overall lockdown experience subjectively 'bad'.

G Didn't need to transit to work

G Great i went on my phone and did little school work

B Feeling of being disconnected from society

G Got into the routine of playing tennis at lunchtime or after work for the hour of exercise a day. Had the company of a good friend which made it fun.

B Bad

G Able to get on with home activities and avoiding other people

GB Challenging

GB No opinion

B I think this is poorly worded. Can I say that a highlight is bad? Bad.

GB No effect at all

GB Good because you got some jobs done we all kind of put off, but not seeing the people you love was difficult. That first hug after lockdown was gold

G It is my norm. People were forced to use zoom so I was more included in activities. E.g. church

B I found working from home very difficult (I work in a high pressure environment usually). I was working at the kitchen table on my laptop/second monitor which was not comfortable or ergonomically ideal. I found that being alone in my house meant that I did not take as many breaks from the screens as I usually would (to get up to talk to colleagues etc). The weather was also awfully cold that week which meant (a) I didn't really get out to do any exercise and (b) I was cold working

B Sense of frustration with the stupidity of our State Government

G It's a good chance to just take some time out

GB No particular issues. Plenty to keep me occupied about the house

G Less traffic

B Waste of time, small business struggling and big corporates benefiting, I had to work flat out

G Time to re-assess life and related indoor activities such as research, online reading, general paperwork, contacting interstate family and friends by phone, TV documentaries etc

G Read more books

G We remained comfortable in our own home with our own company

GB No changes

B Not receiving usual support from family with a baby. Husband working longer hours away from home. Isolated with a baby

G I like solitude and enjoy my home.

G It was so nice to have the family all together and know who would be home for dinner. We played games and did at home work outs together.

GB Not earning money mainly, I don't have a problem with isolation as such

GB The isolation itself and the "criminalisation" of what would usually be "ordinary".

G Realised importance of access to private garden space

G Got on with outstanding home tasks uninterrupted

B Highlights? It's like being in jail. What Highlights.

GB Quiet time after some busy weeks. Not being able to visit daughter and granddaughter

GB Not having any in person interaction was difficult. Working remotely and having some virtual interaction with colleagues, including Friday arvo after hours virtual drinks did help a little.

G Few jobs done around the house; relaxed, still worked during the week as I'm an essential worker.

B Managing people at work was exceptionally difficult

G Time to work in the garden/house. ok if the weather is good. made a point of watching a movie each night on tv.

G Able to progress some projects at home.

G Did not worry me

G Slowed down a bit

G Gardening, reading

GB Isolation, boredom, concern for those badly affected by the situation Connected on line with family & friends more frequently than usual Caught up on overdue household & garden tasks Saved money by not going out

G Being able to have a weekend at home. Roads quieter going to work

G Not going to work. Border closures

B Highlighting the criminality of these idiots to people who never would have cared about their freedom before

B Fear that the outbreak might not be contained. We had to return from a caravaning trip after spending one night away

GB Neither, just different... good in some ways as we could get on with things but missed seeing family and friends

G Essential worker, no physical isolation

G I am a musician. I practice a lot. I barely noticed it

B Lonely

B Feeling extremely limited in activities, visits to family, social interactions, not being able to sit down at our coffee haunt.

G Not bad

G I'm an introvert, so I'm fairly comfortable with short lockdowns

GB Good if only for a short time, bad if extended and can't visit family interstate

G More TV viewing than normal

GB Not having to commute. Not having all the extra activities e.g. kids sport. It was an opportunity to have an enforced break. Working from home was easy. Luckily we had the space to spread out with 3 people needing to access computers to work and school from home. Was able to keep in touch with family member via Facetime. Was able to exercise e.g. lunchtime walks with the dog.

G Not having to get up early to get my son ready for school, make his lunch, drive him to school.

G Good

G My wife worked from home so I had to accommodate her schedule. Interestingly, I found that restrictive.

G Pretty much normal

G Unable to meet friends, but Zoomed instead

GB Separation from my daughter was bad. Not doing anything social was good

G More time to catch up with things, work etc.

G Sense of necessity abate even thoughts about it.

B Physical isolation is terrible and ill people who are unwell should be made to isolate, there is absolutely no reason to isolate healthy people

G Made no difference.

B Just bothersome.

G Missed out on the first week of university semester, but studied from home okay.

B Not being able to travel to family interstate. Bad

G Didn't feel bad about staying indoors and being super lazy (rarely do this).

GB Good - caught up on missed TV bad - missed exercise classes and seeing friends

G Found it easy, kept myself busy at home, in touch with friends via email etc

GB Neutral

B I self isolate because of mental health issues but not being able to have my few public interactions like chemist or food shopping really got me down

GB Ok. Missing being able to go to NSW because of their lockdown

G Garden

B Bad

G Time spent looking after the dogs. I'm an introvert that likes helping others so good at being alone. I asked a vulnerable friend to isolate here for the week as he would have struggled in a flat the size of our living room.

G Sleep in in the morning. Didn't have to rush

- G Tidy up at home
- G Time to myself
- G Spending time with immediate family (household)
- B Missed the companionship of friends. Missed seeing the grandchildren.
- B Could not assist with grandchildren.
- G Time with family. Slow Down, Enjoy connections, and company of immediate family.
- G Peace and quiet
- G I enjoyed the forced time at home to tidy, reflect, catch up on reading. Also new habits formed with morning walks etc.
- G + More time to think
- GB Limits on socialising and travel. Positively, far less colds since covid
- GB Spending time with my family was very nice, however I did struggle quite significantly having to be apart from my partner (who lives in a separate household)
- G I got things done around the house
- B Bad
- G It was good not having to go out as often, having a good excuse to stay home. I still had to go into work some of the time, but had the opportunity to also work from home.
- G Ok because we are retirees so we organised with home things to do during the day.
- GB Anxiety about whether the outbreak was under control and not having been vaccinated yet. Peace and quiet working from home.
- G During lockdown it was amazing to see, hear, and feel the effect of so much less traffic on the roads. Beautiful!
- B I felt scared and frustrated at the situation as a sole parent with two children
- B Lack of freedom, heightened stress with uncertainty
- G Because I am retired, the main reasons I leave the house are for shopping, recreation and exercise. The only restriction during lockdown was recreation, which I was able to forego for 7 days. I had also been in home isolation twice for 14 days at a time previously after being in NSW in January and in March 2020, so 7 days was easy.
- B Bad. Isolated from friends and family. Restricted movement.
- G Less traffic on roads, time with family, relaxation, less stress
- B Not being to visit friends and family
- B Couldn't walk the dog
- GB Neither due to the relative short period
- G The inclement weather during the 7 day lockdown period made it easier to handle the restrictions as I probably wouldn't have gone out much during that time anyway. As an introverted person, I don't find social isolation difficult regardless.
- G Didn't affect us much
- G Relaxing...not hard to cope
- G The knowledge that I was keeping myself and family safe.
- G Less busy
- G Being at home and not having to socialise
- G Time at home to do things, although working full-time as an essential worker
- GB Bad. an aborted interstate trip. cancelled social engagements. good. reading time, craft time, Olympics on TV
- G I ended up sick during lockdown (with a cold), but otherwise did not struggle with physical isolation as I was lockdowns with my partners.
- GB Good highlights: being able to schedule my days according to my own timing, having the flexibility to exercise/do hobbies whenever I wanted Bad highlights: unable to have much face-to-face social interaction, having to start a new semester of university at home which made me feel slightly less in tune with what was happening in my courses.
- B My husband works away and was away during this time. I was very isolated and felt very anxious.
- GB No highlights, it feels almost normal now, but a bit of a disruption of my work routine
- G More conversation, became a Netflix watcher, did a lot of gardening.
- G More time with the family More exercise. Watched more TV shows
- G Not a problem
- G As an only child I learned early to amuse myself. Olympics as stated above. Otherwise, spare room tidying, mosaic craft, computer games, streaming services or books.
- G Difficult to adjust to at first, but easier when transitioning back into routines from past lockdowns



- G Time alone to spend doing things I usually wouldn't have time to do, like reading a book or going for long walks
- G I'm almost always physically isolated. Working from home for 6+ years. Duct get out much due to disability
- G Less time wasted in transit. More walks. Saved money. Got jobs done around the house.
- B Sadness at not seeing friends.
- G Life as usual as I work from home anyway.
- G No need to go out to meetings
- G An enforced catch-up on jobs at home! Low-value jobs including de-cluttering and cleaning out were given some attention.
- B My wife and I were unable to take a plane to Cairns for a 3-week holiday in Port Douglas. This was very disruptive for the whole family who were going to visit us a week at a time.
- G Lots of unexpected free time so that other activities on the "to do" list could be tackled. But made phones and the Internet all the more important
- G Chance to plan for the future and The Olympics ;)
- G Could still walk the dogs
- G I focussed on being thankful and seeing worse off in Melbourne. I had immune compromised family and respected their risk. I was thankful not to have had done with the form of treatment they used to drain my grandmother's lungs during the Spanish flu and it made me more aware of life then in comparison to now
- GB Neighbourhood more peaceful. Missed social interaction
- B Boredom
- GB Good: being able to work from home without constant interruptions. Bad: loneliness living on one's own
- G Lots of time to catch up on craft work
- G The beginning of the loss of distinction between 'work time' and 'not work time'. Fortunately it was only one week long.
- GB Good highlight: more time for at-home activities which normally get crowded out by a busy schedule, such as hobbies and organising papers. Good highlight: being able to relax more (especially in the evenings) and not be so run off my feet by going out in the evenings and at other times. Good highlight: being able to spend more time with my spouse than normal as we were both home most of the time. Bad highlight: not being able to go to church. Bad highlight: having concerts I held tickets for being cancelled or postponed, as well as club activities being cancelled. Bad highlight: not being able to travel more than 2.5 km from home for exercise - we could not go out hiking where we wanted to or take advantage of the loss of our other commitments to spend a day out hiking in the hills. On the other hand, good highlight: in our 90 minutes walk from our house we were able to explore a local park we were not that familiar with which we would not normally have visited.
- Is that a question
- G I was busy at home uninterrupted
- B Difficult to forgo regular physical and social activities with others, which is one way to socialise and maintain contact with friends. By the end of the 7 days there was a feeling of lethargy
- B Unable to see friends. Lack of productivity Over consumption of alcohol
- G Exercising more and having a different routine
- G Slower pace, more time with husband, time to exercise, self care
- G Less road noise. Time to do family history
- G Caught up on online study course. My amazing gym instructor gave free online gym sessions each am
- G Compared with quarantine, easy
- G Beautiful walks
- B Bad
- GB Getting stuff done at home, catching up on lots of emails, spending time with my husband, got to do gardening, doing cookups (from the pantry and freezer - ALL GOOD THINGS. Not being able to physically see my elderly mother living on her own (and not tech savvy) was bit difficult phoning her for a welfare check each day was OK
- GB Didn't have to drive to work; could spread 2 days work over four days and take time to do other things eg gardening. Missed personal contact with workmates, family, neighbours
- G Watch the rain and wind
- G Handyman jobs done at home
- G Worked hard! For a short period it was good for longer periods it would be very difficult and bad
- G Alone
- G Spare time to work on hobbies.
- GB Bad: deferment of a volunteer group trip to Far North Good: opportunity to relax without commitments
- G Great time to catch up on jobs at home

- G Time to catch up with projects that you are always putting off due to lack of time in a busy life schedule. I put together a book of all the photos (which had been digitalised) of my ancestors on both sides of the family, and my life in photos, from birth to 2020 for my grandchildren to reference.
- G Another opportunity to trawl for SA history on the net
- G Not impacting on life.
- G Caught up on farm work and tree planting on property!
- G It's only the Flue we are all being led astray by bullshit
- B Not being able to go to places of choice. (2km limit in walks, etc)
- GB It is what it is
- B Unable to mix with family and friends
- G Mostly good as we don't mix much and have reasonably large property to keep us engaged on-site, and we feel safer when we go out to shop because of the restrictions.
- G Missed gatherings for church and music, but these have been taking various different forms with all sorts of regulations for months. Other than avoiding shopping, life was much the same.
- G As I live happily with my husband of many years, life didn't change much.
- G Got on with my essay for study
- B A general restriction on my freedom the bad side.
- GB No great highlights either good or bad
- GB Positive - got on with other things. Negative - missed normal social activities
- G Personal time. Time to watch the Olympics without feeling guilty. Time to catch up on work backlog.
- G Sorted through family photos
- G Appreciation of what others have been through though 7 days was a minor inconvenience. Could concentrate on home duties. Not much of an imposition
- G Had a chance to complete tasks around the home
- G No worry
- G I had a cold the week before and so it was good to rest and watch Netflix as the weather was appalling too.
- GB Felt safer - had plenty to do at home. Missed family and friends
- GB Enabled a few more jobs to be done around house (good). Dealing with business closure and a child home schooling (bad)
- G Watching the Olympics
- G Made myself do projects that I had been putting off for years. Living in a village like community (Balhannah) with friendly people all around, there is constant safe movement of people passing throughout the day.
- GB Managing a full time work load and children at home. We are set up to work remotely I think that the children suffer the most and they don't have the ability to filter what they see and hear in the media which causes them a great amount of stress
- GB Read lots of books- good. Felt very old and isolated- bad
- G Not too difficult. We used to live on sheep station so we used to isolation and each others company
- GB The Premier should have made the local governments areas around the outside of Adelaide a covit area, not all of south australia, how stupid is this man
- G Caught up on some personal activities at home
- B Bad
- G Good
- G We weren't isolated
- GB So-so
- G Much needed rest!
- G Worked on the property, preserved our olives Cooked some good meals.
- G Lots of bushcare and walking; met people in the open air, so safe and had lots of good conversations
- G Watching the Olympic Games. Time to read.
- G Actually it wasn't too bad, grown-up children must make it easier as they entertain themselves
- B Felt disconnected from people
- G For one week it was a relaxing break working from home, but the quality of music lessons given over zoom is much less, so my studio would suffer greatly if the lockdown were any longer. I was prepared with basic food and household staples so I was able to ride out a short lockdown fairly easily Toward the end of the 7-day lockdown I started to feel the frustration from having to communicate with people in masks (I am hard of hearing so I need to be able to lip read), seeing people living in a state of fear, and having my movements restricted and monitored

G OK

G A good experience was exercising in our own backyard and listening to the birds without background traffic noise. Every morning felt like Sunday! But it was frustrating not being able to get on with business. One week was bad enough. I am very thankful that we are not in the eastern states, where the Covid outbreak clusters are spreading and the lockdowns are repeated and long. I worry about the emotional and economic impacts.

G No real issues; I generally work from home anyway, and my main hobby is gardening.

G Laziness, loneliness, ennui.

G Getting jobs done around garden and house

G Managed exercise in back yard and local 15 minute walk. Otherwise good

B There were no highlights, strain on household relationships and internet data levels.

GB Bit boring at times but very relaxing with zero commitments.

B Just knowing that you were not able to go out when you wanted

G Completed a few home projects with no interruptions or commitments that required leaving home.

G Chance to get on with some ongoing workshop projects. Dining out restrictions Quiet(er) neighbourhood

G Getting things done in garden, fixing things around house

G We shopped online, arranged home deliveries, and supported local shops

G No effects due to remote location - if anything reduced traffic on adjacent roads

B Bad

G I like less contact with people.

GB Being retired and with mobility issues it didn't mean our lives changed much over the seven days other than the inability to see grandchildren

G Time for some reflection. A little frustrating because of the distance restriction.

B Missing my music groups due no singing.

G Given the relatively short period and the nature of the restrictions it was bearable. Our financial situation helped.

G Peace and quiet. Sense that the pace of life had slowed. Urgency of things seemed somewhat diminished.

G None

G Missed being able to attend church and fellowship there. Helped by being able to connect with people through zoom calls. Grateful we could still shop at supermarket and pharmacy.

G Rest

G Tasks were undertaken in a much more leisurely manner and I was able to do many things that had previously been deferred.

B Missed not being able to go to gym or extended exercise

B Bad

G Family time (good)

G Got a lot of cleaning done at home.

GB Indifferent

B Bad

G Good. No socialising

GB Bad: feeling stir crazy and struggling against the urge to go outside the yard, as I rely on op shopping at several different locations on weekends for retail therapy, an outing, and exercise. Good: talking daily with my spouse over the internet, and phoning my elderly father daily to do the word puzzle in the newspaper in competition with each other.

G It was a constraint, but for a necessary cause.

G Less time traveling for work. Was unable to use work resources at home (files, software)

G More time home together

G Totally enjoyed the TV time,

GB We don't have much of a personal yard, so very limited exposure to the outdoors was a bit difficult. Ordering groceries online is convenient and annoying at the same time.

G More time to read

G Hotel quarantine can be stifling especially when indoors for days without being allowed outside for the air and sunshine. Home quarantine much better with more space to move around. Nice to be close to my wife and talk and being intimate.

G Didn't need to commute to work + Something different for a week - so a change from the ordinary routine + Pace of life seemed a little slower

B Small businesses that I regularly support were closed; government rules that were an overreaction to the situation

- G Poor ergonomics at home, but I was able to do things around the house I had been meaning to get done for ages
- G No problem
- G Good for my line of work
- G Peace and quiet and the freedom to drink as much as I wanted
- G No highlights - just got on with work and made an effort to get out for a decent amount of exercise/fresh air & to check my mum was fine (lives within 15 min walking distance from my house. The most challenging element of Covid (for me in SA) has been restrictions on international travel.
- G Keeping safe, saving money due to not going out or doing anything!
  - G It was good to have solitude without any obligations to meet people. It was difficult not to be able to go to Mass

### MAIN REASON FOR NOT GETTING VACCINATED

#### W Will be vaxed

- Not enough facts about the vaccine being shared, only lies about the virus
- Not applicable
- W I got vaccinated as soon as I could.
- W I am vaccinated
- Heaven help those if the TGA doesn't approve use of these vaccines once the only Authorised for Emergency review has been completed.
- Not applicable
- All of these apply!
- W I have booked in for my first vaccination but not until mid September - a waiting period of some 7 or 8 weeks - this was supposedly the first available appointment.....
- W Fully vaccinated
- Not relevant
- Not applicable
- Na
- Away from home to get good advice
- I feel the information about covid they're forcing down our throats is inconsistent.
- W I will be getting vaccinated.
- N/a
- Not applicable
- W I haven't received it yet but am booked for it
- I am not eligible or old enough
- W I made sure to get Pfizer instead of AstraZenica.
- W Vaccinated
- W Always happy to be vaccinated, politicians just need to back from the medical advice
- W I want the vaccine but as my body reacted to a previous vaccine, my GP wants me to wait until I can access the Pfizer or Moderna. Also my health is low at the moment and I need to be in a stronger state to tolerate the vaccine. I have a neuroimmune condition.
- Not applicable
- W My partner has untreated leukaemia awaiting treatment and is not vaccinated yet. I am seeking the most efficacious vaccine available as I am the sole carer - and it appears Pfizer is emerging as it has higher efficiency and can be easily boosted with a booster if efficacy wanes - AZ not as efficient and cannot be boosted. I am only offered AZ as I am 73 yet very fit with no health issues. I am seeking exemption to AZ in favour of Pfizer through medical clinicians.
- Breastfeeding
- W My sister was hesitant, was guided by her 'gut feeling' didn't feel safe, I decided to be gentle with her, it took a while but she has had her first jab finally
- It's not a vaccine it's a science experiment but instead of lab rats they are using humans and forcing them to take them to keep jobs and sit their HSC.**
- W No problems in being vaccinated
- IT IS A COMPLETE FRAUD. IT IS NOT A VACCINE, IT IS AN UNTESTED GENETIC THERAPY. IF YOU FELL FOR THE LIES AND TOOK THIS GARBAGE, A; YOU ARE STUPID, B; IT WILL HARM YOU. I HAVE SEEN THE EFFECTS DIRECTLY IN MULTIPLE COUNTRIES THROUGH MY WORK. THIS GOVT MUST BE ACCOUNTABLE FOR THE DESTRUCTION THEY HAVE CAUSED.
- Not applicable
- Concerns about side effects and I don't feel in at risk due to my age Also the vaccine will not prevent me from

getting the virus nor prevent me from passing it on. It makes no sense

W Unable to receive an appointment for booking

NA

W Haven't been eligible until recently

N/A

W I have an appointment for my jab in two weeks

W I am under 40 so have not yet been eligible.

W I would prefer to have the Pfizer jab and feel it is discriminating against older Australians that we don't have a choice. However, I have booked in for the AZ as it does not appear I can get the jab I want

Not applicable

W Vaccination should be compulsory

Don't trust it and it's long term effects

W Vaccinated

W We have been

W I'm not yet in the age bracket for vaccine roll out. I can't wait to get my vaccine. Unfortunately I cannot get the AZ as I'm already at higher risk of blood clots due to medical issues.

W Pfizer not yet available for my age group

Not applicable

N/A

N/a

Not concerned

I cannot have a vaccine that risks blood clotting and currently not allowed to have pfizer or a low risk blood clotting vaccine

W But will probably be getting the needles in due course

W This question should be skipped, since I DID get vaccinated (as per previous question). I cannot see how to do so, so I have selected 'Other'.

W I have not yet been vaccinated but I have made a booking to have a vaccination soon, you don't seem to have covered this in your options!

Not applicable

W Cannot understand those who do not get vaccinated.

W Since i have had the first jab and will get the second, this is irrelevant

Not applicable

W I'm vaccinated

Many allergies to drugs and flu vaccine. Should be using Ivermectin to get rid of pandemic

W Vaccinated

W Cannot comprehend the attitude of the "no Vax" idiots.

Pfizer not available

Not applicable

I never, ever thought of not having it.

W I have booked a Pfizer vaccination next week. I AM NOT AN ANTI VAXXER

na

W Vaccinated

My concerns were about all of the above, but the main one is potential side effects

I believe the negativity against the Oxford AstraZeneca was politically motivated and initially pushed by left-wing governments of the EU to punish the UK for Brexit. The criticism was then taken up by the ALP and the ABC to try to damage the Prime Minister, saying the AZ was cheap and not good enough. All the vaccines have a similar risk of side-effects. Oxford GAVE the AZ vaccine to the world and it costs the Australian taxpayer about \$4 per dose. Pfizer costs \$44 per dose. The difference is the HUGE PROFIT being made by the "big Pharma" company. The world should be THANKING Oxford University for its generosity. The AZ vaccine is made by more traditional scientific methods. The Pfizer mRNA vaccine is experimental. If Covid-19 did indeed escape from a Chinese Lab, then we are all guinea pigs.

No local infections, no point.

W Citizens given too many choices to opt. Make it mandatory or with penalties for non-compliance

Not applicable

W N/A/ Have been vaccinated. See previous question.

W Also influenced by neighbours and acquaintances who have received the vaccination. One has had a slight headache for weeks, another was in incredible pain for hours, another his arm developed a large yellow lump and another in his early fifties felt so ill that he had to take two days off work.

W no idea about this question . As I have had the first jab.

na

My main concern is long term testing. I understand the vaccine has been around longer than it has been available and the short term risks eg clots are actually very minimal, but we really don't know anything about years into the future.

W Vaccinated

NA

Not applicable

W Am vaccinated

#### **AWARENESS OF COUNTER THEORIES**

Pointless as the mainstream media will never get involved

I have heard both medical and conspiracy theories via the media and the internet. I mostly believe the medical advice, but I am not 100% sure.

Read up as much as I could. Watched responsible TV programs (Norman Swan) on the subject

It's all a load of bullshit

Have seen media reports about this on ABC, SBS and Twitter.

Sick to death of conspiracy theorists and people who know nothing about viruses. There must be another virus going around that makes people stupid.

Regardless, get your information from authorities sources. Not crack-pots!

Usual conspiracy theories

Who cares where it originated. The question should be who funded this testing? These are the people who should be held accountable.

Have heard conspiracy theories from family members but mostly from Facebook

Wide reading of reliable sources.

Virus escaped from a lab in Wuhan.

Bill Gates is an evil mother fucker and big pharmaceutical companies are just as bad and making a ton of money! Not being liable for their affects is the first red flag.

I read all varieties of information and propaganda

Chinese origin, AZ vaccine side-effects, Chinese and Russian vaccines less effective

I've seen other people sharing them but do not believe them myself

Plenty of lunatics in the news and social media.

They are all fabrications

Media is full of these stories

Something about shedding, and 5G, but a lot of nonsense I don't listen to

I did my load of research before making a decision about the vaccination. Yes, I am aware of some of the theories from doctors, scientists, researchers, general public, vaccinated people and politicians.

I have not bothered with them

I am aware that there is a theory covid leaked from a lab. And of usual anti-vax bullshit

Likely escaped from a lab in China

News articles and Facebook.

I am aware that there are weird theories about Bill Gates, secret implants - but don't follow them enough to know the detail

Plenty of conspiracies out there and on Youtube, most of them quite bizarre, and still very anthropocentric. I'm more inclined to see virus as a consequence of our disrespectful treatment of the earth, Gaia (Lovelock formulation) trying to protect itself/herself against human behaviour. Not sure how much this is a metaphor, but it should certainly be a wakeup.

Virus likely to have been transmitted from wildlife (bats), but China's reluctance to allow free and full investigation and then only limited supervised access 12 months after the first occurrence of the virus leaves the origin from Wuhan lab still a strong possibility. There is a lot of misinformation about the vaccines, particularly around AstraZeneca. Fear-mongering encourages anti-vaccinists. There is more to be learned about the long-term ill effects in those who have contracted the COVID-19 virus.

I read the news

Read on internet. Not believed.

I'm aware they're out there and comprise dangerous misinformation

Explain what? How I know about the counter theories (friends, media) or what the counter theories are? If the latter

there are too many of them!

I believe that the origin of COVID was definitely China - it is still not known if the virus escaped from the Wuhan Laboratories

I have heard these opinions expressed on the radio, in articles and in social media but these opinions are usually mediated by experts who can explain the flaws in the thinking. I have also a good amount of the scientific information, heard people like Norman Swan as well as others i.e. the Doherty Institute, Marylouise McLaws speak or talk on radio or television, etc.

Counter theories are promoted by people who are weak minded.

I don't believe them

I am aware of people doubting whether the pandemic is a real virus but I don't understand the basis for it.

I'm not stupid.

A bit of hearsay, not much worth paying attention to

I'm aware of some theories. The lab escape, the market transfer, and the transfer from animal via unknown means/location

Bill Gates and vaccines, lab leak

Lunatic misinformation

Misinformation is available

I have heard many theories, who knows what is true?

The worst conspiracy theory that I've heard is that the vaccine kills people in 2 years. It's a nasty one because if people get that into their heads it's 2 years until they know they're wrong about it.

Yes, however these theories have largely been disproved

I am very well informed on each of the above

Many crazy people on facebook, sharing things that even they don't understand. I choose to read news from trusted news sources.

One member of this household is a subscriber to alternative theories about covid, vaccines and various other items of current interest. Dinner-table discussions are often lively.

Heard many crazy stories about microchip in vaccine, 5G, origins of virus, many others

There is an awful lot of misinformation floating around but it's all rubbish.

Yes but they are all rubbish.

All of the above - too numerous to detail

I have read extensive publications - some proffered for political reasons (which I dismiss) whilst others, such as the Aust and NZ Haematology Assoc, make sound recommendations. I am convinced the general public is not fully aware of the long term dangers of the Covid vaccines nor the international parties involved in profiteering thereof. I fear for the younger generations not only from the physical danger but also the rapid changes emerging to control their lifestyle and futures on a global basis.

Think it a lot of rubbish. Who would believe Clive Palmer or George Christianson?

Information from monitoring reliable news sources

Vaguely aware, give them no credence

Created in a lab in China

I am informed about counter theories through mainstream media coverage including ABC, New York Times.

Anti-vaxers, freedom lovers, anti-government conspiracy theorists are putting us all at risk.

I'm aware that there are conspiracy theories out there, but I don't delve into them

The "authorities" (whether they be health or "government") seem to be unable to agree on just how dangerous Covid 19 is, and just how bad any side-effects of the vaccines are. In 2020 the authorities told us that Covid19 was for most people, a mild illness. In 2021 the authorities keep chopping and changing about which age groups should get which vaccine. This does not engender confidence in the info they are giving out and allows wilder conspiracy theories to flourish!

Some knowledge of conspiracy theories quickly dismissed

Only vaguely aware, from mainstream news reports

The virus was created in China. Released intentionally as bio-ware fare. Every Government that follows America is involved owning pharmaceutical shares under hedge funds. >38,000 people have recorded data stored with the TGA. It is killing people and the government don't care.

Aware from news comment about possible sources of virus. NB There is no definitive proof yet of its origin.

Theories about vaccine production and alleged cover-ups are in a different category.

Some think it was all engineered both the virus and vaccine by big pharma as part of either the worldwide population control or to secure revenue for the pharmaceutical industry.

I've heard that it was created in a Lab in China for Bio - Weaponry and it was released by accident.

I'm across some of the theories that there isn't a disease, that the disease was manufactured deliberately etc

Choose to believe science and listen to reputable sources.

Read about them as part of general awareness. I try to be open minded as much as possible

I listen to news, Radio National science productions

By keeping up to date via media, state & federal & journal articles

THEY ARE NOT COUNTER THEORIES YOU DOPES. I KNOW VERY WELL WHERE AND HOW IT CAME ABOUT THROUGH MY WORK. SHAME ON YOU IF YOU BELIEVE THE LYING POLITICIANS AND MEDIA.

I have heard a wide range of opinions about origins, vaccines, efficacy etc in the new media and community. Often these opinions are often based on misinformation, emotion and personal beliefs - not science. Scientific evidence has evolved during the last couple of years suggesting that vaccines are very effective in the prevention of serious disease, and that the SARS Covid 19 is a very serious disease.

Most of my patients are refusing to take it

There are lots of online rubbish articles, all completely nonsensical.

Just what I see in the media (mostly ABC, The Age, SMH, The Guardian and The Advertiser) and on Facebook. I don't pay much attention conspiracy theories.

Only aware of the theory that Covid escaped from a Wuhan laboratory

Wuhan laboratory leak; Deliberate leak by USA; Covid is not real; etc

Yes, the idea that China released the virus on purpose. Or that it is lab made virus that escaped China by accident.

From mainstream media reports. I avoid the crazies on Facebook and Twitter

The Chinese delay in releasing initial information was of concern and sparked conspiracy theories that Covid was "lab" produced and released. R & D around vaccines and subsequent production and distribution seemed to political, competitive and Nationalistic rather than collaborative, despite the rhetoric.

Just conspiracy theories

Have heard lots of wild conspiracy theories. None of them are credible.

Many people get their information from sources that I would not even contemplate. More fools them!

Aware of lots of conspiracy theories, but don't believe them.

Escape from Chinese research laboratory.

Not really. Only know one theory that the virus was intentional to eradicate the population by the Chinese.

Read in newspaper and heard on radio

Follow my own instincts

Social Media

It's hard to avoid people having opinions about misinformation being spread.

You cannot avoid the bullshit

Conspiracy theories

Media reports suggest the virus originated in China.

Knowledge from media.

Have listened to and read validated reports.

COVID origin stories include that it was released by a lab in Wuhan China (either by accident or on purpose). I know that Oxford made Astra Zeneca and Pfizer made the Pfizer jab.

Chinese laboratory virus escape theory; "Big pharma" conspiracy; State control conspiracy

Donald Trump and conspiracy activists.

I believe that the virus was leaked from the laboratory in Wuhan. However, I'm not sure if I believe that the COVID virus was man made. I do not believe that the virus came from a bat in a wet market. I don't know much about the theories surrounding the vaccines.

These are various, not based in fact and dangerous

They are all ridiculous. Enormous effort has been done worldwide to produce effective vaccines

See stuff on Twitter.

Government is lying to us. Pharmaceutical companies are making ridiculous money from it. There are other medications that can fight the disease without vaccination

There are a lot of conspiracy theories around

Aware that some people believe Covid was made in a lab, either by the Chinese or Bill Gates. People are concerned that the Covid vaccines may not be as effective as vaccines for other diseases that have been available for decades. I am a little concerned, as the first round of vaccines were designed to treat the alpha strain of the corona virus and currently a much more virulent strain is being spread around the world. It seems that the two main vaccines in Australia are quite effective against the delta strain, however some other vaccines such as sinovax are not so effective.

Read some thoughts in newspaper and from friends

Just what I've read



I am aware of these false views.

I'm not aware

I am aware of the lab v organic origin of covid and the theories that have emerged as a result. I am educated and have done a fair bit of reading peer-reviewed research papers. I am not aware of a cover-up of efficacy of the vaccine, quite the opposite. I have heard many theories about how unsafe the various vaccines are. While I take each one thoughtfully, I do my research into it and I believe the majority to be nonsense spread by anti-vaxx community or those with an agenda (that have benefited from the covid pandemic)

False news and conspiracy theories abound, with people deluding the self probably for thousands of years. How about the (very real) flat earth society?

Just through the traditional media

A family member is a rabid anti-vaxxer and keeps sending me links on the internet. Unfortunately there is no vaccination against stupidity.

Hard to avoid different ideas in the media - social media, television, radio and newspapers.

Theories about the covid virus having been leaked from a lab. Theories about Bill Gates having been involved in the development of the vaccine in order to control the population. Theories that the vaccine hasn't been tested properly.

Counter theory: that COVID was a human-engineered virus that was accidentally or purposely released by Chinese scientists in Wuhan. As such, the alleged cover-up is that the Chinese government wanted to hide the origin of COVID being human-engineered and/or was accidentally released into the public so they purposely made it hard for external and international scientists to search the original contaminated sites, review lab data, and generally was very obscure about what it released in the media.

It's all over the media you can't avoid knowing about it

Do you mean conspiracy theories? Something about Bill Gates implanting chips in people's arms. And about gene-manipulation and infertility through mRNA vaccines

The uneducated are treating unfounded gossip far too seriously.

Origins in China, perhaps a trial run of a more powerful virus to kill the population

I believe Wuhan was the origin. China is trying to shift the blame to USA

Some of the above. I follow the mainstream medical advice.

Awareness of the classic 5G, Bill Gates, QAnon stuff - not that I buy into it

I'm aware of conspiracy theories

The propaganda is very antagonizing to me, unrelated to facts, based in fear and selfishness. I do not believe it would have proliferated if social media did not exist.

Social media is full of non-scientific conspiracy theories. I've now left almost all social media.

Through media, discussions and reading

I am broadly aware of the counter theories but I do not concern myself with looking for the detail as I do not follow the conspiracy theorists.

All of the above is fake news

Not interested

I am aware of conspiracy theories nutters.

Theory that it is man made virus from China - i don't believe this.

General publicity in the press

Money will always make money and oligarchs will always dictate and control; we as a society must measure and know the small fish will always be eaten by the large fish eventually. In our path we can but try to make the world a little better place than we found it.

All vaccines have stories concocted by anti vaxers

Conspiracy theories abound!!

Too many to cover in detail. Various theories about origins of Covid virus being accidentally or deliberately released from laboratory in China; various conspiracy theories about the media and government falsely reporting the spread of the virus and its impact, and how these "lies" are used as a mechanism to enable various government/s to control civilians; vaccines being used to conduct massive experiments on the human population.

There are too many to list all of them here, but they include Bill Gates/5G Chips, Government control and tracking, profiteering corporations, a deliberate release from China, and many more. Clearly, many people in the western world are not capable of rational thought.

I have heard of different theories through secular news sources and also through friends, mainly Christian, some of whom apparently believe them and some of whom don't. Too many to list here, not sure what kind of explanation you want.

Some site on I net indicate that there is control and greed motivations involved

Am aware of all of the nonsense being put forward, ie it comes from 5G towers. Conspiracy by Bill Gates because he owns the companies that produce vaccines. The rich want to kill the poor. We will all be micro-chipped so the government can track us. etc etc. Plus lots of other stupid theories

Media tells us non-stop

Media reports it all

Lots of misinformation and scare tactics but don't believe them

Social media

Anti vaccination theories have received a lot of publicity. I don't understand why if it was false information.

Only generally aware of the campaigns of anti-vaccination groups and comments from generally right-wing media

Have read about China's disaster, the WHO, investigation

Most of these are vicious fictions, but I do have concern about the privatisation of production, it opens the way to profiteering and reduces Australia's ability to defend itself, also making it harder for our researchers to get their advanced ideas into production

Just the typical right wing (American) propaganda on China!

Heard rumours but I'm not on Facebook.

Virus cannot be treated

Wuhan lab versus bats in a Chinese market for the origins. Constant discussion about production and efficacy of vaccines has been somewhat confusing but realise that people are working everything out as they go along and that this is new territory for researchers and governments.

That the vaccines are poisonous and that they were developed too quickly.

I believe that it escaped from Wuhan biotech lab, where it was subject to "gain of Function" research. I don't believe it was on purpose. I don't believe we will ever hear the truth as too many heads will roll

China, market or laboratory. WHO inability to investigate China. AZ problem with poor government salesmanship. Failure to secure sufficient Pfizer in advance placed too much emphasis on AZ probably because of CSIRO involvement. Could not anticipate the negativity that would invoke AZ.

Social Media brings gives societies idiots a voice and a soap box. The media is appalling; churning theories and endlessly repetitive.

No of these theories have been proven

Plenty of conspiracy theories. I am inclined to think it was lab created and escaped accidentally. Research into viruses for proper and improper purposes is undeniable. Whatever the purpose I think its transmission capabilities were either underestimated or there was an accident. Wuhan is the likely source. Vaccine creation was a response unless it's shown that in China they had one already prepared. That's a conspiracy theory. I don't think there's been cover-ups about the major vaccines as there's been openness about the efficacy and side effects. At least in the western world.

What do you want me to explain? Why am aware of counter theories?

I ignored

There is a lot of rubbish on Facebook and in commercial media - I prefer science based evidence.

Yes, unfortunately a lot of what we are being told is false by Government and media. I have looked at a number of peer reviewed studies on Ivermectin 90 -95% works prophylactically and amazing results for early and moderate treatment of Covid. 60 different trials support this and dozens of peer reviewed papers. I also know of 2 people (friends of my direct friends overseas who have been healed quickly of Covid 19 using Ivermectin. Monash University also have peer reviewed paper I have cited. The handling of this has been a disgrace. Why isn't the Government using every tool in the tool box. So these trials are the coverup.

Have one close associate who accepts all conspiracy ideas (jet plane vapor trails are the Gov. spraying the atmosphere to reduce world populations being just one.)

That it was created in China as an economic ploy, that then vaccines had to be made and countries such as China could profit greatly from the vaccine. That China used it initially as a population control method.

What I see/read on ABC news

The big problem with vaccination is too much information on media scaring people. The media are irresponsible

Conspiracies are a load of bullshit, I have booked in to have Pfizer as soon as available.

Read of and discussed from time to time

I just read what is written. There seem to be various points of view.

WHO investigated origins of COVID-19 but unable to get a clear answer to origin as Chinese authorities appear to have withheld full access & cooperation to the origin of the virus. This global pandemic has been political and divisive. Highlighting that medical facilities are not adequate to cope The variants of Covid have meant the world is finding it impossible to control.

Dispute about the origin of the virus - maybe from a wet market in Wuhan or from a scientific laboratory in Wuhan. Differing ideas about the efficacy of the Astra-zeneca versus Pfizer.

Just what's on the news and social media

I ignore them

There is a lot of conflicting information available and it is difficult to know what to trust, with fear mongering on both sides that seems to pit people against each other and keep them in an emotional state. I try to look at the data and avoid the emotional and political traps. It seems that the vaccines are causing a variety of health problems, including death. People who are fully vaccinated are still getting Covid and a substantial number

are dying from it. There are several cures for Covid with some innovative doctors having near 100% success rates, and these medicines are being suppressed. There is a conflict of interest with the people who are giving advice about masks, lockdowns and vaccines, who stand to make huge profits from the vaccines. The PCR tests were not meant to test for the virus, they give inaccurate results and they do not distinguish between one variant or another. Politicians with a certain ideological leaning, together with the mainstream media, are using the virus to make political and economic changes that are not in the people's best interest

Main issue appears to be China's reluctance to have open access to research regarding virus source.

Yes. As explained above. I understand the scientific method. I trained as a GP in the days when we needed a good science background to get into medical school. I also follow politics.

Only aware of various theories about the origins of Covid.

The conspiracy theories are rife in the community - I think they're all complete and utter nonsense. While I have an open mind about how the virus got into the community, I think the utterly appalling handling of the vaccine rollout in Australia (and worldwide) is unforgivable. I also think that the role of social media in enabling misinformation and conspiracies is equally unforgivable. I don't think anyone has tried to hide the fact that the efficacy is not great - it's not really a vaccine in the usual way we think of these things - no-one has said it will stop you getting the virus or spreading it. People don't want to hear what they don't want to hear.

Have friends against vaccination and read their stuff as to why they believe what they do

These reports do not bother me.

There are various theories including that it was manufactured and released, or it was a lab escape, or an animal mutation crossover to humans. All theories.

Am on social media and so plenty of exposure to conspiracy theories.

Its not science based therefore no creditable

I'm aware of counter theories by way of the media.

The internet and daily news bulletins are awash with all sorts of wacky and conspiracy theories. The Federation should have given out precise and uniform information and direction.

Took little notice of them but read what they were

Not sure anyone knows quite what both situations are

Heard of conspiracy theories and poorly based dangers of dying if vaccinated with Astrazeneca

I read counter arguments to vaccination but in human history vaccines have caused more good than harm

How long have you got? Conspiracy theories, mainly right wing inspired, about laboratory leaks from China etc etc

There will always be conspiracy theorists and they have the right to their own views but I don't associate with them

I read social media. I don't believe it without independent evidence.

I have heard a bit of bullshit about the covax. However, the consistent message in Australia and overseas (I listen to the BBC) is that the COVAX is safe and effective. My partner and I have had NO side effects and amongst our friends/family only one mild side effect!!

It seems that it was from animals. Too much BS from too many people.

I have a cursory awareness based on mainstream news media coverage of their existence. And also, Adelaide Hills free newspaper carries occasional columns by people of questionable expertise who circulate stories.

I have read about some in the press and discounted them

Qualified medical specialists and virologists have reported concerns through social media but mainstream press reluctant to publish this information. The data from other nations has not been fully disclosed.

I have listened to many eminent scientists and doctors who are very concerned about the vaccine.

General awareness of ideas that Covid virus is a deliberate escape from a lab, various ideas that it is a secret plot by governments eg that vaccines include an implanted microchip! Also, in some areas, belief that covid vaccines cause infertility.

The virus was deliberately spread in the wider community

Outbreak from a China lab. Some scientist have given warnings about MRNA vaccines

Through reliable and balanced media sources working to counter those theories.

I'm aware of acquaintances who claim this is a Chinese bioweapon or fake. I don't believe any but am interested in why they believe it

Rumours

I believe China developed it

My household did receive a brochure made by someone claiming to be a Chinese virologist who escaped to the USA lest she be killed by the Chinese communists who, she claims, engineered the virus specifically for humans. I believe she said that all you need to protect yourself from covid is a vitamin and a supplement like zinc, but I really don't remember.

I read the paper and watch the news

Conspiracy theorists border between mischief and dangerous and exploit the lack of trust in science (and our leaders to some extent) to adversely affect some vocal but small sections of our community. This is a failing of science to educate and leaders to lead based on the best science and logic. Viruses do not vote.

Have heard a number of counter theories about the origin of Covid - the primary one being that it originated in a lab near Wuhan.

I've heard that China might have produced this in a lab (not necessarily to infect the world but for research). I have heard Many attempts to investigate these claims have been blocked by China causing more suspicion. I have also heard that it came from a bat in a meat market. And I'm not sure what to believe... I view China as untrustworthy

Aware but disagree entirely.

Aware that there are sceptics in the community - locally and elsewhere

I don't pay much attention to theories

Distantly aware of considerable on line misinformation but have not viewed it

China manufactured

Conspiracy theorists and anti-vaxxers are a big worry- and always have been

I can see through bullshit.

It is thought that it escaped from the virology research lab in Wuhan. Several of the lab workers came down with the virus. It has also been suggested it could have jumped from a wild animal such as the pangolin but no evidence of this has been found. There is some uncertainty about the level efficacy of the vaccines. Pfizer seems to have been the preferred choice. There are some rare issues with AstraZeneca. It can cause blood clots and death. I was displeased that even being in a priority group, taking immunosuppressants, I had to have AstraZeneca for my age group. There was no Pfizer available. The rollout was a complete shambles and being in a priority group had no relevance.

I have read some false information on social media.

### **HOW MUCH CREDENCE ABOUT COUNTER THEORIES**

The truth will out

I give some credence to the role of China; its initial poor response allowed the virus to spread. I give no credence to the conspiracy theories about the production and use of vaccines.

Absolute unfettered garbage.

The theories are BS!

I place some credence on the uncertainty of covid's origin (although none on it being deliberately put into the community). I place no credence in the unsubstantiated claims about the vaccine. I prefer science to fantasy.

The evidence of world renowned professors, scientists and doctors being censored and not being listened to by governments is very worrying.

Due to the source of info I give a little more credence to the lab leak theory, though still believe it is unlikely. None what so ever to anti-vax crap

No credence at all re anti-vaccine. I give credence to science. Neutral on the origin of the virus, but suspicious regarding Wuhan lab given the secrecy.

The CCP is not allowing an objective independent investigation of the virus's origin

See previous comment. There is not a shred of evidence to support these theories and usually they rely on citing two or three sources and ignore the weight of other research effort and consolidated opinion.

I pay no attention to those who think they know better than the professionals

Too much politics to know. I doubt we'll ever know unless there are literal political revolutions in some places. Even then we may just not know.

N/a

Do not understand this question. It is too simplistic.

Many of the 'theories' defy simple logic.

There is no dispute from me that the available vaccines keep a temporary - very temporary - hold on hospital admissions. However, the virus is mutating so quickly that any future counter measures will involve more and more interference with human DNA and cellular intervention which is highly questionable on a long term basis - it is very alarming that such clinical freedom has been afforded the government and major pharmaceutical companies to force control on the public and disadvantage the unvaccinated as outcast/betrayers of society without offering any acceptable alternatives or choice.

No evidence provided

I suspect the reason for the inconsistencies is that the "authorities" actually don't know (understandable) but want to act as if they know more than they do.

I would trust a conspiracy that has facts behind it rather than a government who controls the media and owns AstraZeneca shares.

The theories vary - from legitimate scientific enquiries about virus origin to fringe non-scientific theories about everything else. This question too vague for me to answer.

Fear mongering by idiots

As this is a new virus the advice is subject to change

I PUT CREDENCE TO PROVABLE FACTS.

The Wuhan lab leak could well be true. Do not believe others at all.

History will tell us what happened once and if the epidemic comes under control.

Antivax claims are ridiculous.

I've done sufficient science at uni to trust people with expertise over people with opinions.

I'm willing to believe that the virus was being studied in a Chinese laboratory but viruses such as Hendra were being studied in Australian laboratories at the same time.

Crazy people believe them

I believe that the virus came about naturally. Virus pandemics are part of life on Earth and every now and then one will take years to suppress. Theories regarding efficacy of vaccines cause me some concern, and there hasn't been any information provided about future vaccination programs. Will I need a booster shot? Should I have a pfizer vaccine next time? Will current vaccine be just as effective for strains of the virus yet to enter the population ie epsilon, zeta etc

I'm NOT aware

A moment's thought dismisses them.

The virus is clearly engineered and I believe we are in the midst of biological warfare. this is not a counter-theory or conspiracy theory, and the truth may come out one day. i am a former high level microbiologist.

None on the conspiracy theories. The only thing I would say is that there is too much financial interest in all of this. If it was just about health, companies would have given up their patents and we would have produced cheap vaccines all over the world, so that delta and all the future variants have less chance to develop.

Family background in healthcare

Unfortunately so many events these past couple of decades seem to generate conspiracy theories, and they get a great deal of publicity due to the ease of promotion through social media (and mainstream news media). However, I make my judgment based in facts and reason.

But it does not control my view on the importance of vaccination and avoiding those that may spread the virus through ignorance

To paraphrase what I said previously, many people are f\*%\$ing stupid.

The actual origins of Covid are yet to be determined and I tend to incline towards it being from the Wuhan virus laboratory, but exactly how or why I have not taken a stance on. Most of the other theories I don't place much credence on at all.

No comment

Cannot judge professionally, doing what we think is best for family and community

Happy with recommendations of main-stream health advisers

I have said my piece above

Just politically driven, unscientific, anti-community, racist nonsense.

Scientists from Harvard and also Australia were involved. These are not theories.

I don't know enough about these theories to make a comment

Please read comments above regarding Ivermectin

I don't think its worth the money and effort in seeking a manufactured truth either. Concentrate on our future and return our children to a sense of normality.

We have 2000 years of science to draw on so I believe the experts

I have no sympathy with lockdown protesters and conspiracy theorists

It depends which theories the question refers to as "counter"

Re- theories of origin, man-made versus derived from bats, I incline towards believing the former.

I think it is pretty important to get to the bottom of how the virus got into the community - although in the end this is going to be pretty difficult when you have a government in China hell bent on covering up the facts.

Not bothered by them

Behind every idea lies a grain of truth or plausibility

Some credence must be given to bloodclotting problems relating to Astrazeneca vaccination but the likelihoods were not explained well by the media or more particularly by Govt at all levels

Always prepared to consider the veracity of alternative accounts but so often they prove to be based on questionable information.

The question is, are they theories??

It is really worrying how powerful some 'influencers' are in spreading misinformation about a hugely dangerous virus...especially now we are seeing increasingly more virulent mutations such as Delta

There are a myriad of real negative effects from government and corporations. We don't need to lie about it

It's very hard to know what is what. You can find support on a number of different views if you look. It feels like a lot of the media is quite biased. So many people are out there finding the numbers that prove their agenda.

Complete nonsense

If I am not aware of them, I cannot give them any credence

I think the virus did escape from the lab where the relevant levels of safety controls were not taken seriously enough. I think the other theories were simply suggested to avoid blame and the ensuing repercussions.

**TO WHAT EXTENT DO YOU THINK THE COVID PANDEMIC IS A HOAX?**

A good way to reduce the population of the planet CONTROL OF PEOPLES LIVES

We have family around the globe experiencing the effects of it. Ockham's Razor.

I've known people who have tested positive to Covid-19 who have displayed almost no symptoms. I believe there is a virus strain out there but I firmly believe the potency of this virus is grossly overstated by authorities. This is evidenced by the fact that it highly discriminates against old, infirm and people with comorbidities. There are virtually no serious health concerns for the vast majority of the population.

It is real but I would be very interested to see some proper reporting and discussion by authorities and in the media rather than constant fear mongering. We need this to be able to move out of the current mantra of any death is a tragedy.

I believe the virus is real, but what is being labelled a 'pandemic' is not real. The real data compiled by independent researchers shows this virus is no worse than previous years of the flu. It's the media blowing it up.

My grandfather died in Influenza epidemic in 1919 - it's happened before, and certainly very good evidence for its existence and consequences.

It's funny before Edward Snowden and Chelsea Manning I would have said no chance of a hoax, but the World changed when those whistle blowers did the right thing

It is a stronger strain of flu that is present every year, lockdowns, isolation and mask wearing are causing the population to become more scared and more likely to be badly affected if they come in contact with the virus.

There are total crackpots in EVERY profession, trade and occupation and the so-called 'news medium' gives them time and attention they don't deserve.

It is real but the scare tactics being used by Government and the media is appalling.

Pandemics are inevitable

The virus is real but with a 99% recovery rate it's just another flu strain. The vaccine is killing people because it is causing the virus to mutate.

I think the numbers of infected patients, those with severe symptoms as well as purely Covid19 related casualties are not reported consistently across the globe.

Too many dead across the world.

**IT IS A COORDINATED ATTACK BY CRIMINALS ELITES TO FORCE A DIGITAL ECONOMY UPON REGULAR PEOPLE. SHAME ON YOU IF YOU CAN'T READ WELL ENOUGH TO FIGURE THIS OUT. THEY SAY IT STRAIGHT TO YOUR FACE.**

It's not real until you get it! Trump was a good example of this

You would have to be off your rocker not to think it is real.

Certainly not a hoax. People have died, and others have been ill.

Without doubt it is real!!

Just look at the (worldwide) stats. If it is a hoax why are so many people becoming terribly sick and dying?

This makes me so angry- people should go to an ICU ward and see how sick people are and how hard the drs & nurses work

Good grief, people have died. How can it not be real?

Un-necessary to comment on this stupid question.

Silly question to ask

Although very lucky not to be personally affected I have a cousin in the UK who lost 50 former colleagues (transport workers) to Covid.

Does not mean the response cannot be criticised though.

More organisation required from governments and/or higher powers than I think they're capable of...

It's amazing that some people think it's a hoax.

I expect it was an accident and lack of concern in taking measures when playing with a synthetic disease. All those responsible scatter to avoid accountability and responsibility. May karma deal with them

There is still a possibility that the virus many have originated in a laboratory, possibly in China. This in no way makes it a hoax.

The pandemic is real, but whether the need for all the lockdowns etc. in reaction to it is real is another matter...

The virus must be real ... people are dying. But the cheap effective medications have been banned.. but lots of money spent on vaccines. Contradictory

It's regardless though, it's a reality we need to deal with

A lot of this talk follows from believing freedom does not involve responsibilities

The scientific evidence is clearly there for the pandemic.

Absolute idiocy to believe that this a hoax, I believe people of that opinion believe too much social media and are completely out of touch with reality and the world

Its real, but there is a lot of misinformation going about and thats why those idiots in Sydney are rioting.

Never seen a hoax create so many funerals.

Unsure on the terminology of a hoax, I don't classify people dying of the disease as a hoax

I trust medical experts and evidence based research. I watch SBS and ABC news & current affair programs. I read InDaily online paper.

Extreme right wing media doing their communities a great disservice

I think there really is a Covid virus, probably more than one virus, but it is being used for nefarious political and financial purposes. There are people getting very sick and dying a terrible death, but not in the numbers that are being put forth. They say "cases are rising" but we do not know if these are asymptomatic, or if they are the false results of the PCR tests, or whether the deaths were secondary to other illnesses. The information is worded so that it can be misleading

I have colleagues at the "front line" both here in Australia and overseas.

It's clear that the virus is pretty virulent - although the amount of money spent across the globe to save a number of inevitable deaths would probably have cured cancer - a far bigger killer.

The virus is real and so are the impacts of the associated restrictions on lifestyle and freewill.

Based on science it's real

How anyone could think otherwise is beyond my comprehension.

All too real for millions- no billions- of sufferers...

My spouse and I have high levels of education and are academics, along with other family members who work in universities in the health sector.

Whether covid is real or not, something definitely real is putting many in intensive care etc. There's obviously something.

I know people who have been badly affected, most mildly. Fortunately none of my family or friends have passed away. Funny how they've all be vaccinated.

The virus is real but the government response is an overreaction

## PRECAUTIONS

I'm a teacher so could work from home and had to during lockdown as I was in quarantine anyway. Teacher teenagers online is not a viable solution long term. Out adult daughter was able to do shopping for us as she cohabits.

As an avid science fiction reader I have never read a book about an end of world event where toilet paper has played such a significant part. I bet that will change in the future.

I wear a face mask when required.

I'm involved in several choirs and a musician/dance leading training course for Dances of Universal Peace, a modality of multifaith circle dance. A lot of energy has gone into planning how to meet safely and legally.

I always wear a facemark whenever obligatory. I always sign in with QR code where available

How about including a category 'as advised' or 'as necessary'?

Once my partner embarks upon cancer treatment for leukaemia (impending) we will begin a lockdown of our own embracing all of the above conditions more stringently but also utilise separate internal facilities etc These conditions are important anyway for general requirement re cancer treatment but it will be bolstered by additional quarantine measures as I am the sole carer and there is no-one else on whom we can rely for assistance....hence imperative that I remain fit and healthy.

I make sure I comply with whatever rules are in force, irrespective of what I think about the rules. I don't generally try to interfere in what others are doing unless it is really egregious or involves me in not complying with the laws. Examples could be me discovering that I'm at a gathering that is larger than it should be, in which case I'd just leave rather than reprimand others.

Washing hands etc is essential for a healthy immune system. I will rely on my own immune system before I rely on a government that is causing genocide.

Whilst the scientific advice is inconsistent at times it is the best at that time

**ONLY STUPID PEOPLE DO THESE THINGS; STOP LISTENING TO LYING POLITICIANS AND MEDIA**

I work for myself, from home, and always have. I seldom go out, and all my professional contacts are online - so most of the above is not really relevant.

I am 87 and have a science background. I behave sensibly and wear a mask when required to do so. I live in a retirement village and my family assist me.

Wearing face masks inside buildings and on buses.

I don't drive so I must catch public transport when I go out. The supermarket is 5 mins walk away so go out every second day.

I wear a facemask when outside as required by current restrictions. I shop when I need to and take advantage of free sanitizer that's offered. No need to buy additional toilet paper as I buy a box (48 rolls) from charity Who Gives a Crap which lasts two people most of a year.

Don't agree with face masks as they are not effective in stopping transmission. Masks are not properly worn, handled, washed or replaced rendering them sources of infection rather than prevention. Also, as humans

we communicate with our facial expressions and covering our faces is detrimental to our societal interaction and general well being.

I have worked from home when required to but my job is supporting vulnerable people so face to face can be required. Masks are required as well as precautions. Outside of that I keep public exposure to a minimum. If official requirements are that certain behaviours need to happen, like masks, working from home during lockdown etc, I always follow them. But I wouldn't necessarily do either in times when it's not required officially. As rules change, it is hard to accurately answer some of the questions above

Still get paranoid about what people think when I do need to buy toilet paper though

We try to live a normal lifestyle with the attitude that this is a temporary inconvenience.

I am more aware of 'wash your hands Jeffrey' and clean more than prior. It took weeks to stop putting my hands near my face and a hard practice to stop

Regarding washing hands, I do this a lot but no more than if there wasn't Covid, its just my normal habit.

Regarding wearing a facemask, I only do this because the govt requires me to do this in public places, otherwise I wouldn't. Maybe you need to be more specific with your questions...

For one week no need to panic

Most of the time I selected to characterise behaviour when not at home. Incidentally, since I am retired, the working from home questions are badly structured, and so is the following question about super which of course I routinely access

If covid was present in our community then i would take more precautions

I do much unpaid work for advocacy. I am following Govt advice re when out and about.

I am retired so can choose where I go and how to get there, using public transport where possible.

self isolating when required by health experts

I work in ED, not a lot of choice

My husband has the urge to stock up for a prolonged shut-down more than I do. He is concerned about civil unrest. I'm an optimist and I think we will get by, no matter what happens next!

The panic buying of toilet paper (particularly after the first lockdown when it was clear it wasn't going to run out) is the most bizarre phenomenon - where does it come from???

Life carrying on as almost normal.

Don't have public transport where I live so don't have the option to avoid or not.

We live on south coast regional area so public transport is not used by many

The question about public transport is badly worded. I should clarify that I have not changed my behaviour regarding public transport. I have continued to use it as I had before.

While one would not normally buy additional grocery items, toilet paper, etc. it is extremely disconcerting to be faced with empty shelves when shopping. One is also aware that snap decisions can be made by the authorities that can limit ones movements even more. So to purchase extra items is more a situation of "playing it safe".

I am required to model Covid leadership at work.

Wash your hands!

The panic buying sure was ridiculous. I hope I never have to fear for my toilet paper supplies ever again.

These questions do not take into account regular behaviours such as cleaning, personal behaviours and organisation

## ANY OTHER ACTIVITIES

No real change to general lifestyle as I am retired and only work for the pleasure of it.

Research for a local history group I go to

Between paid and volunteer work, I haven't had any time to indulge in hobbies, gardening etc

This keeps demanding more responses and there are no more responses

Applying for work

Sewing masks! Singing mask designs are differently shaped, not flat.

Creative activities, writing and music

Otherwise a normal retired life

Housework/Cleaning/ Tidying. Reading

No more than usual though. Except the work from Home. Badly worded questions. Neutral is sometimes not the right word. Medium or Moderately would be better in some instances.

Volunteer work, international conference online

A lot of Olympic watching

House and vehicle repairs, but without the usual time pressures.

Holding a SALA exhibition



Historical research and writing.

Playing board, table and card games with friends at each other's houses.

Theatre. Volunteer teaching. Evening classes

Whatever I want, because I am free.

Volunteering

Re the previous question - our finances collapsed spectacularly in March/April/May 2020, then bounced back strongly until by August 2021 they were stronger than before - your question does not capture the roller coaster experience of the pandemic. The activities listed above are normal activities. The pandemic has had no impact on them over the past four weeks (but I'm pretty sure it will in future...)

Kayaking and cycling. Watching grandchildren's sport.

Had to cancel two holidays so far

Playing cards with neighbour.

Day trips to local areas ie Adelaide Hills, Victor Harbor etc.

Sport, when able to

More sleep.

I worked full time for myself so I have little super

Attended church services when permitted

Hiking

Cleaning !

Reading

Being retired, working from home means volunteer "work" which I have continued as before using home computers and the internet, but with no visits to the site of relevant local organisations

I live and work on a farm so it has been normal activities

More outdoor jobs

Catching up with family and lots of FaceTime calls with friends

Have given up alcohol

Travelling around South Australia when able to.

Bushcare, films when possible, writing stories, emailing friends

Historical research. Activism to support the National Trust and protect our heritage from being destroyed by a government obsessed with "construction stimulus" projects, which pit developers against local communities.

No.

I have tried to keep my life as normal as possible, other than holidaying - who wants to get locked out of their home state? Not me.

Cafe meal

More computer research related to rare Abarth car accident and endeavouring to locate parts around the world and negotiate repairs

The survey won't proceed, but have typed more here to see if it proceeds.

Travel has been restricted but now we can travel within the state.

Time to read more.

Planning holidays!

Community art activity

Again, these questions do not take into account regular behaviours. Better to have made a comparison to pre-pandemic behaviours

Nothing much different.

Dining out

## CAUSES OF STRESS

Only fear is the truth being hidden

I'm about to be made redundant in my current role and there may not be any role at my school. International education has collapsed so my Dean's role is at an end this year. I don't know if the school will be able to offer me any teaching. I have developed an auto-immune condition, psoriasis on my feet which is very painful and limits walking and standing.

Lack of income from a job since I was made redundant in December 2020. I have not got a new job or applied for Job Seeker as yet.

Despite being vaccinated I have an immunodeficiency so am unsure of the effectiveness of the vaccine

Felt less concern about Covid after I had received both jabs. Will have a booster when / if available.  
I am not sure whether this question was framed as well as it could have been. I feel anxious about my mortgage but I couldn't say it was severe or bad. All I could say it was neither good nor bad.

Loss of taste from first jab of Astra Z

I have missed the regular hobby related meeting with likeminded people due to restrictions at venues. Also missed orchestra concerts that were booked.

I have a long term energy limiting chronic illness that is severe and disabling. I have been applying for the NDIS but have been declined which is more stressful because I lack support for ADLs and feel neglected and marginalised by the health system.

Some minor anxiety is occasionally evident

The 'quarantined' nature of living has, after 18 months, taken its toll as we have to work very hard on retaining optimism as we used to travel extensively worldwide. About six months ago we undertook meditation classes which have served well.

After Job Keeper finished I felt abandoned by the government, I had to fight to get into JobSeeker benefits and that wasn't full payment leaving me to scabble to make up the difference, plus I am 65 and would have already been on the pension if the government hadn't changed the eligibility, so I feel I'm struggling constantly

A friend committed suicide last week and one reason was "loneliness". The "authorities" reactions to Covid19 (rather than to the virus itself) was a major factor. I don't get the impression that people's mental and emotional health and wellbeing factor in any sort of a major way when the authorities make their decisions about restrictions etc. It is all about lives that might have been otherwise lost directly due to Covid19.

The government has destroyed my life and my children's. The government need to step down across all states the Australian public don't want them.

There is no pandemic.

Not being able to visit friends and family interstate and worried about those in Melbourne and Sydney

None of the above is any way related to the COVID pandemic. Just normal life.

Transitioned from full time work through long service leave to recent retirement with resultant drop in income.

I had swine flu and I am afraid of Covid.

My husband I are in fairly good health and have a good income from our pensions which allow us to live modestly but comfortably.

Main effect is on friendships

This question assumes "stress & mental health" and "the following in causing you stress". Why assume people are stressed? Most of the people I know are not stressed, as far as I know. The only stress I know of is grandparents unwillingly having grandchildren foisted on them to be babysat.

Not being able to travel is my biggest stress factor.

I concentrate of seeing worse off that actually are worse off and not the sit at home watching their plasma on their Iphone and refusing to work on farms. Many young families picked fruit to earn an additional income for the home in my early married life, to add to their family income by buying a colour TV or fixing the family car or paying for a school excursion. We did not sit home and demand someone paid for us. The businesses that have to pay for perishable goods and are shut down, I feel for. Fighting for toilet paper is sublime. There is always a shovel and newspaper as our grandparents had to use in the outback.

My health concerns are not directly Covid related, but a lot of the stress is the thought that I might have to go and queue for hours to take a Covid test even though I know very well I don't have Covid.

Very aware of being away from family

I feel that South Australia is an isolated community so is safer than most. The government has handled this difficult time quite well; especially state governments.

I am OK, but my husband is stressed by the unknown, and my daughter is stressed by loneliness and lack of direction with no job. On our rural properties we are understaffed and unable to find willing workers, especially cleaners and gardeners.

The most stressful issue for me has been the loss of the life I once had. Not being able to meet with people frequently, not being able to eat out freely, not being able to sing in my choir, having to wear a bloody mask, having to log in every time I enter a shop - these are the things I grieve losing and cause stress every day.

My relationships are great, but that wasn't an option

Not being able to see family interstate is terrible

## **SUFFERING FROM PSYCHOLOGICAL DISTRESS**

I have a mental health plan. This includes psychological counselling and medication.

Loneliness due to not having work contacts now and little contact from family.

I am worried about another lockdown. I feel worried and concerned for people who become infected and are made to feel like pariahs and I don't like the treatment that is given to these people! I often think that could be me.

I feel concerned that people don't understand what Covid can do a person and to the capacity to provide health care. I feel worried and concerned for particular groups of people like schools students whose lives are being affected to a greater degree than mine is.

Partner died suddenly in the first lockdown

Overwhelming negative media attention to COVID combined with mixed and at times confusing messages from governments, at all levels, has produced an ongoing sense of insecurity and uncertainty

Unrelated to covid

I can deal with it and it will pass.

As above.

I regularly see a counsellor from Cancer Council to assist me prepare for future carer's role in the Covid environment but also address day to day issues arising from our constrained living.

A pre-existing diagnosis, but exacerbated in Covid era.

I have had multiple people I know commit suicide and the depression is overwhelming.

YES. I AM PISSED OFF THAT YOU ALL LET THESE CRIMINALS POLITICIANS WALK ALL OVER US

It's interesting with my partner working from home. I do feel a little "shut out" but I know that it's my perception and my problem.

Family medical issues on top of COVID are causing stress. Also, the vaccination status of my husband is a concern.

Missing seeing interstate relatives (only have one relative living in Adelaide - the rest are in Victoria

Not COVID related

Unnecessary government control over personal liberties including using the police to enforce compliance

I am "distressed" at the number of people claiming "stress and mental health". Resilience?

I am well-informed about this pandemic and it is quite reasonable to be psychologically distressed about it.

There is no escape from continuous world news on COVID which is always bad.

Balancing two jobs, full time study, working husband, two school aged children, still building our off-grid house, being away from home regularly. It's stressful.

A close relative died unexpectedly two months ago

I miss my interstate friends and feel for their impacts

My only child who is a postgraduate student lives interstate and is enduring her 6th lockdown on her own and I am concerned for her well-being. There are going to be massive job cuts at the university that I work for in the next 6 months and this is causing uncertainty and stress.

Not able to access mental health services.....medical appointments cancelled.....Covid used as a convenient excuse

Not sure if I should answer Low or None for this question. I think everyone has psychological distress at some point or another. I was a bit depressed during the lockdown due to closed shops and cafes and cancelled events, but have since perked up as things are opening up again.

Frustrating making plans

Do worry about safety of family members and when will be able to see them

There is a fear that the virus will not go away.

Retirees are fortunate. Most of us continue pretty much as usual. I feel for people who have lost their jobs and businesses.

On the surface I am coping, but I cry easily. Is this part of ageing? Part of being a grandmother? Or stress? I'm not sure, but I'm trying to be available as a listener, helper and problem solver for family and friends.

Mainly related to being unable to travel internationally to see family and friends living overseas and being unable to have an international holiday.

See previous comment re the loss of previous life.

Attempting to get psychological counsel through my Doctor, but not necessarily from Covid/

The cancellation of activities or the threat that things might be cancelled due to covid restrictions is troubling and causes a level of stress and anxiety - the constant unknown.

I think we're all suffering low level psychological distress.

Pre covid but worsened particularly through the incompetent management of the vaccination program and the lack of federal leadership and transparency.

Since the beginning of Covid, I have been handling indefinite separation from my spouse, who works overseas.

The delay in vaccination in Australia and constant border closures have been a significant cause of stress.

Covid has since May 2021 impacted my spouse's employment security, introducing anxiety about financial security and the family home.

I've been diagnosed with mental health disorders for years now, well before covid.

Only from continuing to fill out this survey

## **RATING OF MENTAL HEALTH**

My work is stressful and caring for a mother in an aged care facility is stressful - nothing to do with COVID

Autism, ADHD, depression, anxiety

Some days are okay but, as I watch the daily televised Covid reports with every increasing alarm, I have resolved

to desist from this and turn to more constructive activities. I will continue to read Covid research although in itself quite depressing when it appears the global powers are 'resetting' human existence.

A pre-existing diagnosis, but exacerbated in Covid era.

No one can have good mental health with this government in charge.

Covid unrelated. Rather due to being a carer for my wife with dementia.

Naturally worried about Covid, and when it will be under control

We all have good days and bad. The local mps around here are self serving by and large and not active in the community as they should be. They are well paid and not rolling up their sleeves helping those impacted or showing a light at the end of the tunnel, to those impacted, as past generations did

Mental health and COUNTRY health are oxymoronic..a contradiction of terms

Good now I have a new job

I have suffered from deep depression for a very long time but I manage it well.

In relation to COVID, good generally

While I'm mostly okay - I have moments of real despair and raging anger. I have not enjoyed life as much as I usually do.

Been having memory testing due to my age.

Only short term memory issues beginning to show

I have a high degree of self-awareness and resilience. Depression creeps in regardless and coping mechanisms have become less healthy as Covid has progressed. Mental health bounces up and down.

My mental health is normal

We have good friends. We have reached an age where we have increased health issues. Because of this looking after grandchildren two days a week has been exhausting recently.

#### **EMOTIONAL WELL-BEING OVER PAST 4 WEEKS**

I have social anxiety.

I am generally a glass full type of person, so do not normally have emotional issues

The thing I suffer most is frustration from the sense I don't appear to have a voice to vent at the complete stupidity of some of these Covid rules by authorities. Further, the compliant nature of Australians is a source of embarrassment.

Something's wrong with your system - it keeps taking me back to questions I've answered ... did anyone pilot this? This is mainly because of long term chronic illness and lack of support. COVID is just another layer of concern. As many who are infected with COVID will come down with Long COVID (10%) this concerns me greatly, especially for my children and grandchildren. In US Avindra Nath from NIH at recent international conference, has stated it is "a huge problem and major crisis", yet we are not in Australia warning people, or preparing for this.

Angry

Nervous about the outcome of a difficult repair job!

Given that, under normal circumstances, day to day living is a matter of sensible 'management' to avoid being depressed by world events, avarice, climate change and other negatives, the fact that Covid pressures exist, the day to day issues are exacerbated and reactions, both positive and negative, are personified.

If I had to work and could not get a job or financial help from the Comm. Government I would be experiencing all of the above

Some depression but not related to covid . My wife recently passed away

I'm working on it! Pilates, exercise, gardening etc

None of the above is related to COVID.

I love to travel and to visit family and loved ones, most of whom live in the eastern states.

Interstate New born with health issue & can't visit to support Family

This is ridiculous, see previous comments. Ignore these answers

Disappointed at having to cancel a road trip to Western Australia but realise this is a first world problem. So grateful to be living in Adelaide in a good relationship.

Hopeless because of the Government's lack of addressing climate change

The world is impacted, not just me. I appreciate living in Australia and in particular South Australia During this period. I am sure my grandmothers would feel much the same.

Sick and tired of being put on hold

I was more depressed etc. during the lockdown and afterwards while restrictions were still tight but as things open up again I am becoming more positive again. There were a few days about a week ago where I was struggling to cope but it may not have been at all related to Covid as I had some other issues (though maybe the Covid-related issues made me less able to handle the other issues).

I am blessed, because I believe that God is in control and is a loving Father, I can talk to Him and He helps me

cope

Three of our four families have been inaccessible

I have always tried to maintain a positive attitude throughout my life

Thwarted plans, a daughter and her family in Sydney and a son in UK, finding it difficult to return to Australia has caused bouts of disappointment, anxiety for their well-being, and lack of motivation

I am being treated for an incurable blood cancer

Its winter and the weather in the Adel Hills has been cold, wet and windy. Ticks me off not being able to get outside as much. Nothing to do with Covid!

The flowers and plants still grow and the birds still sing.

See previous comments

I've been doing surprisingly well, considering the circumstances

Not due to COVID but due to climate change

Generally feel quite content with our life even when we have to stay home.

### **ADEQUACY OF SOCIAL SUPPORT**

I have few friends. Workmates are fine but it's not the same. Many of my lifelong friends are elsewhere or deceased.

Keeping in regular contact with friends and family

Not needed

Phone calls and zoom meetings have served as social support.

The pandemic caused plans for social interaction with friends (6-day road trip in 2020) to be deferred, but that trip was successfully completed this year, as well as an annual fishing expedition with friends

Family, Volunteer peers, friends

In frequent contact with family and friends

Many friends and family plus online support networks.

See previous answer

I can phone a friend anytime as they can me. I have family and we phone each other and share thoughts. We all offer support to each other, even if its a smile and hugs via phone

Being married to a wonderful spouse, having nearby family and being part of a church, I have a great deal of support I could draw on if I needed it.

Hasn't changed much

Terrific neighbours, great church family and as well as our near-by son, daughter-in-law and three year old grandson.

Good community having lived in the hills for 38 years. Adelaide family very supportive when needed.

I have a few very close friends who have kept me grounded.

No available stress counsellors.

Not sure what is meant by social support

Family members are interstate, most friends are elderly and have their own issues.

I am active in a local church community, which has been both a source of stress but also support. And have a friend who is also a single-person household with whom I power walk and have dinner once a week.

Live alone in a new state after I came here for a graduate job

My regular home is Brisbane and I have few close friends here that I socialise with. However I am involved with sport and gain some social contact.

We have family support close by. We live in a pleasant area with a good sense of community, but in the past year a significant number of our neighbours, those we might have called on for help have moved.

### **MANAGEMENT BY GOVERNMENTS**

They bullshit

The rational decision-making ability and willingness to put empirical evidence before politics for the benefit of all Australians is really lacking.

Although there has been more than a few issues of down right stupidity driven by political point scoring, generally all have done well. The one stand out failure would be the public relations nightmare concerning how safe the astrazenica vaccine was. This was a downright nightmare for the people in our social group. With all the best brains we have how did it come get so confusing and allow the radical thinkers to scare people so much

The state government has been excellent.

Words actually fail me on how frustrated I am with the state and federal government and mainstream media. The constant excuse that ridiculous and inconsistent rules are based on health advice is utter nonsense. I cannot

believe people aren't being held to account for their actions. I really hope criminal charges are laid against senior politicians and health officials for ignoring the highest law in the land; the Constitution. It's brutally obvious that government response is all about diminishing democracy, limiting freedom, controlling movement and keeping the population scared under the guise of keeping people safe when really it's about maintaining power and never relinquishing it.,

Job Keeper funds going to large companies that have done very well out of the pandemic - compare this to smaller companies, especially hospitality, which are struggling badly, going broke with people losing their life savings; people being unable to return to their homes over state and international borders; giving up our right to privacy with QR codes, tracking of credit card and bank records etc; the dysfunctional way the federation of states is not working together; people being sent to quarantine hotels at their own expense or even hauled out of their homes to go into hotel quarantine; talk of compulsory vaccinations and public support of this - have people even thought about the implications of this?? - the South Australian leadership team has been very moderate about this and mask wearing which is why I gave them a good tick;

Not sure about NSW with their high rate of infections!

Not just very bad, shockingly bad.

The pandemic has demonstrated that Australia is still a bunch of colonies not a commonwealth

Federal government has shirked responsibility, put business before people, and been at least steps behind. State government has shown care, caution and confidence.

Too much rhetoric rather than substance on part of "Scotty from Marketing" and government. The ongoing ideological cutting back of Commonwealth public service means that many service networks are no longer there and have had to be reinvented, not very well. Eg health networks for distribution of vaccines, quarantine centre locations in hotels, initial quarantine failures about returning cruise ships, aged care home infections. Blame shifting from Commonwealth to States is an issue, particularly for Labor states. Ongoing refusal to use ABC for communication by many government ministers is disappointing.

We are a federation of states united as a single country. Management of Covid would have been a lot better without state premiers getting involved.

The Federal Govt's management of the crisis has been an unmitigated disaster

I would have preferred to say that the Federal Government would have done better if it hadn't let its own ideology get in the way.

The competition between Victoria and NSW is childish and not helping the country. Grow up politicians and collaborate

Does not appear to be consistent between what NC says it agrees to and what States end up doing

The states have done ok mostly

Recent management by governments at all levels, particularly as it pertains to vaccination rollout has not been as effective as hoped for.

In endeavouring to protect society they have caused panic and distress in many people (old and young) that I know. Regulations and warnings have caused rifts and divisions within families.

It's okay to openly forecast a change of direction, however the federal government has been playing its usual game of making it up as you go along

NSW attitude and arrogance has put all of Australia at risk and it will have a huge impact on economy and people's mental health and Long COVID numbers will be high. they did not lock down fast enough like other states, both Lib and Labor. Pleased with federal govts initial response with borders, and the united political front in the beginning, but thoroughly annoyed with point scoring from both sides, federally and by states. SA govt, CHO and Police Commissioner have done a brilliant job. Admitting their errors, acknowledging the difficulties, but giving a clear transparent report has been appreciated. Victoria learnt from their mistakes. NSW isn't. Not enough is learnt from the states that have done well. NT, SA Tas Qld WA. Journalists have not helped the situation by sensationalising information (e.g the reporting of the blood clot problem with Astrazenica) and with often imbalanced reporting. It is a time when the nation needs to pull together for the common good. Federal govt and NSW govt could learn how to deal with communicating the messages from the other states, both Lib and Labor.

The Federal Government delivers quite a lot of waffle and seems somewhat disengaged, probably through fear of making further blunders. Political motivations are obvious with both state and federal leaders.

Accolades to our medical advisors/teams and police. However, I would appreciate better opportunity to have our concerns heard by the Government (State and Federal) - it has been sadly lacking and we feel we are at their mercy.

IMO they need to consider people's mental and emotional health and wellbeing far more than they have. My parents are in their 90's and my father who lives alone, could not visit his wife in a nursing home for several months last year.

They need to step down along with all health ministers.

The New South Wales Government are absolutely useless in dealing with the situation there. They should have acted earlier instead of pussy footing around and now it's too little, too late.

NSW is disgraceful.

Whilst there have been slip ups this pandemic is a new area of national & international management

THEY ARE ALL CRIMINALS. THEY HAVE NO RESPECT FOR SOCIETY AND THE LAW

NSW has been hopeless and not for lack of knowledge about how to effectively deal with COVID.

Not enough vaccinations and poor vaccination rollout and not enough vaccines being manufactured in Australia.

Risk management at Federal level has been atrocious. Too late, too little! Leadership has been lacking. Quarantine development a joke. Returning Australians extensively ignored. Hotel quarantine a joke. Vaccine roll out a joke. Confusion reigns supreme. Govt communication is a broken record and a blame game. People have stopped listening and don't follow guidelines because they don't bother checking.

The virus should be left to run its course and those that are more susceptible should take precautions, unfortunately people die especially old people who appear to have been the main people susceptible to this virus. These lockdowns are causing a host of other more detrimental effects in the young people of Australia, fear, depression, suicide- people losing their homes and livelihoods.

"Managed" is a misnomer. Reacted is more accurate.

Responsibility for failures (eg acquiring vaccines) lies mostly on the federal government.

Very impressed with the way SA has handled Covid.

Excessive lockdowns and lack of access to vaccine

NSW always represented a risk to the rest of the country due to reluctance to restricting people from doing things from spreading SARS-COV-2. The Ruby Princess was the first disaster. The federal govt has been consistently laggardly and arrogant.

Absolute disgrace. I am utterly sick of being "strongly urged" or given "suggestions". Lay down the law or stay out of my face with your pathetic "well done" messages

I wish there was more printed material for people who have no access to the internet or people who are not good on the Internet. Always referring to websites and not giving phone numbers is silly

There is a large element of 'dumb luck' in the above scores. All jurisdictions appear to have been more or less unprepared for what has eventuated. I suspect I'm like others who were willing to cut governments some slack during 2020 about this lack of preparedness as effectively unprecedented circumstances unfolded. However, as problems continue to evolve in 2021, I'm less forgiving. By the same token the fact that jurisdictions that were willing to collaborate during 2020 are now bickering and politicking likely causes a level of exasperation for the community.

Was initially an apolitical response which was excellent but with elections looming this is changing.

I would not want to be from NSW, they have not handled the situation well

Feel so lucky to be in SA. Federal Govt is putting politics before public health.

Incompetent vaccine roll out. Sydney is bringing the whole country down and no one is enforcing a proper lockdown! It's madness.

All states were working well to quash outbreaks of the virus using sharp, short lockdowns. That was until Gladys Berejiklian got a big head and decided that she could halt an outbreak in her state without a full lockdown. She has all but given up trying to control the current outbreak which could well spread into rural NSW. From there it will be very difficult stopping it spreading to the rest of Australia. I hope most Australians will be vaccinated if that ever happens.

National cabinet has not united us as a country, but it has provided a means of communication. Australia has split into 7 different and opposing countries, to all our detriment. State Premiers and their health departments have too much power over people's lives

Federal Government should control the matter of Pandemics...I don't consider a State by State issue

NSW has been horrendous and should be penalised for putting the rest of the country at risk.

How can you say someone is managing a job well or excellent when that is their job. By and large, I think they are doing their job adequately, with some exceptions. For example, we were told we are at war with the virus. OK, why didn't the various governments bring in opposition members to help with the management of the war, as was done in WW2, I believe.

The states have been great, not the feds

It has become rather political. People seem to forget that Governments have to make decisions about unknown situations so with hindsight sometimes they could have been better

AstraZeneca risk information was handled appallingly. Scom's "not a race" comments extremely damaging

The Federal Government started very well with initial measures, but has gone silent. Their vaccine procurement and roll-out has been unsatisfactory. The South Australian Government team (including Police Commissioner and Chief Health Officer) are running as very well-organised and coordinated team. they have a high level of credibility.

Last question was not answered correctly the information handed out has been excellent. However the media have thrived on selling fear and fake news inciting people so they make more money. They are celebrities dressed as their boss tell them how to and say what they are told, they are not intelligence providers. Today one announcer said a magpie killed a baby; next we will have people and councils killing every nesting magpie. The actual reality was an accident it seems, but that would not incite.

Federal government refusal to take responsibility for establishing proper quarantine facilities has been appalling. Vaccine roll-out has been poor.

SO GLAD I'M A SOUTH ASSIE

Can't really comment outside of SA. I think the govt here has overreacted a little and placed some unnecessary limitations which have caused issues for many people, but on the whole they have dealt well with the situation.

not sure what you mean by National Cabinet

Except QLD NSW

Our political system has meant Australia no longer feels as one, which is a sad development.

Federal government has shirked its quarantine responsibility and the states have adopted defective workarounds. Likewise the Federal government sold the CSL and made vaccine supply dependent on the private sector. The national cabinet was a good move but hamstrung by the latter and attempts at political point-scoring encouraged by the over-centralised media

Everyone is going a day at a time and hoping to get what needs to be done right. Sometimes it is right other times it could be done differently, but that's often with hindsight wisdom.

National cabinet is illegal and has no power <https://www.smh.com.au/politics/federal/national-cabinet-thrown-open-to-scrutiny-in-ruling-it-is-not-a-cabinet-20210805-p58ga3.html>

I feel politics have had some bad results in some states. SA. has had mainly very good leadership from both Gov and State Health. I sympathize with the many who have/are suffering economical and mental health issues, but unfortunately there is always damage to some.

It is unrealistic to expect any government to be perfect, I think the vaccine roll out should have been quicker and we were a little naive but none of us has a crystal ball

Only disappointment has been the lack of ready access to vaccines in rural areas for those who want it.

Has been good except for changing information about vaccines and who can get them. Also the slowness of the vaccine roll-out is not good.

Everyone is doing the best they can, if the populous could be trusted to follow directions then we wouldn't need all the extra checks and balances, but human nature being what it is, the government is walking a fine line. There are still Holocaust and climate change deniers, you can't cure stupid, but maybe this is Mother Nature's way of sorting us out.

It is a shame the so-called National Cabinet has highlighted the fragility of our Federation, with States criticising each other along political party lines.

Poor decisions re-messages about AstraZeneca. State Governments too happy to have Lockdowns. Lack of realism in the media re-deaths from Covid compared with issues associated with lockdowns.

I think the strategy that all of Australia seems to have decided on - zero cases / zero deaths is completely bonkers. They don't have this approach to any other health issue - cancer / heart health / flu. Why this one? Add to this the complete and utter failure of the vaccination rollout and the inability of governments to think beyond the narrow advice of health officials is truly appalling.

News media clogged with it.

Maybe things could have been done better or worse, hindsight is always good but does not help as what has been done has been done and can't be changed.

Overall Australian management works as well as a loose federation can work

More collaboration required and less conflicting messages from Fed Govt

Total lack of transparency, honesty and accountability by the federal government. Most of the politicians involved have treated covid as a political rather than a health/economic issue. Weaponising the issue and involving the military has been detrimental to public confidence and tantamount to fascism.

It is only the states that have kept the lid on it. We are now seeing the effects of the federal government's failures. They have fostered attitudes of fear in the community.

State governments have been doing the 'heavy lifting' - really appreciate SA govt rapid lockdowns which have proved successful

Most State Premiers and their health advisers and police ministers have done stellar jobs.

When a very few number of people are in charge of hundreds of thousands more than themselves, it's hard. Some of these restrictions etc have been quite bothersome, but I do believe the respective governments are doing what they think is best

Hard and rapid lockdowns work and in the end are economically better in the longer term. repeated cycles of lockdowns result trying to open up the economy too early. Viruses don't shop but like to browse and socialise with infectious customers.

Neither good or bad

The vaccine 'stroll out' - Fed Govt responsibility has been very sub-optimal

The federal Government scored "very bad" for their choices about acquisition and distribution of the vaccine.

## **REFUSAL TO GIVE VACCINES TO NSW**

NSW was not properly addressing its outbreak and it was bound to spread. Berejiklian government is playing politics with people's lives and placing profit before community.

The delay is rolling out any extra vaccines would not have impacted the outcome. Limits are people, not vaccines.

An absolutely shameful act from state and territory so-called leaders. This pandemic has shown what it means to be Australian; self centred, isolationist, selfish and extraordinarily gullible. I am ashamed to call myself Australian. I grew up thinking Australians looked after your mates, pitch in to help battlers and being a bit of a larrikin. How wrong was I.

The whole vaccine role out has been so bad it's hard to throw stones at this stage.

I agree to a certain extent as we need to look after our own state. On the other hand, I don't like to see other states suffering. I'm not very happy with the outbursts from the Communities having protests etc. during this COVID time! There seemed to be several members of the Community disregarding the health advice and



rules.

This is about incompetent handling - why would anyone give vaccines to such an incompetent government that has squandered supplies on vaccinating not as risk groups  
The current situation in NSW has been mismanaged by the NSW government. Gladys is no longer the gold standard

NSW made its bed - it now has to lay in it

I would have give vaccine but it probably would not have been sufficient amount from SA.

They had to ask. We had to refuse. Both were correct.

It was the NSW government fault but the people needed it.

I don't think the vaccine is safe and is unlikely to prevent the virus spreading within the community when targets are met.

We should all share resources as one country Australia and not as divided states

NSW has always being playing it's own game and has often ridiculed other state government for their positions and said no the Victorian government when they asked for additional vaccines

We should be regarding this pandemic as a kind of war. The country needs to work as one and people should be looking after each other, not getting involved in selfish points-scoring.

More alarming was the depleting of vaccines in regional areas of NSW by their Premier to give to Sydney LGAs and having to reverse that decision due to serious regional outbreaks - thoroughly ill informed. This action gave our State's decision not to share our vaccines more credibility - clearly NSW Government was panicked at the time and did not think through their request.

Need to give priority to our own community.

Given inadequate vaccine supplies in Australia, more nuanced approaches can be taken to get optimal results across the country, such as extending the length between first and second jabs so that as many as possible get good coverage from first jab.

They think they get control of NSW they control everything. They are in for a huge shock.

See Above.

Nsw is the largest part of Aust's population & economy. Nsw Covid management was flawed but without vaccine it'll take longer to recover. All Australians' health is contingent on a nsw recovery.

THROW ALL THAT GARBAGE IN THE BIN; NOTHING IS NEEDED FOR IT. YOU HAVE BEEN SOLD A LIE.

I don't understand medical decisions vs politics... what would have been benefits medically?

The NSW Premier had previously said no to a similar suggestion.

NSW has the majority of people and the majority of the economy

Apart from increasing pressure on the donor states, it is unlikely that NSW would have been able to use the extra vaccines fast enough for it to matter.

I feel like NSW did a terrible job in containing the most recent outbreak so I can see why the State didn't want to provide additional vaccines. Plus I'm not sure we always get the full picture from the media. All States are behind in the vaccines so we need to all be pushing that forward.

Agree to some extent. The NSW response has been totally inadequate with poor timing and control of lock downs. Better leadership and control would have enabled wider and earlier use of AZ, and there was/is plenty to go round. Young people have been left of the Pfizer list until too late. There's not enough Pfizer in other states and the supply problems are the result of Federal incompetence (i.e not reading the signs!).

I don't think vaccines are the answer!

I don't believe they did actually refuse altogether (although that was their public stance). More vaccines did flow to NSW. NSW Government and Federal Government incompetence has put the rest of Australia at risk. The issue of where the vaccines are directed has become less and less relevant as the Delta strain has spread (and vaccines are not a silver bullet solution anyway).

Agree with the refusal, but acknowledge that it is a tricky situation with no clearly correct course of action.

Didn't realise this. I think NSW is in desperation and requires it more than other states so surprised to hear this.

A problem of their own making

State govts would be made to slow vaccinating their state residents knowing how fast covid spreads and how long immunity takes. NSW should have pushed the fed govt since that is the federal responsibility. Meanwhile NSW should have locked down hard early.

But of course, Premier's are representing their own state's interests, so I understand why they did.

I think there needed to be a quid pro quo in the New South Wales request in order for other states to come to the party.

I feel the other states would have been more forthcoming had NSW not been so hypocritical. I kind of don't blame them.

Gladys doesn't care about any other states outside NSW

Before the current outbreak in NSW Gladys Berejiklian in a radio interview said she wouldn't donate vaccines following a request from Victoria and laughed when she said it. Karma.

We have forgotten that we are Australians together.

We should support all Australians and try to guard against tribalism and the hoarding of supplies for specific states

or groups.

Everyone needs to be vaccinated, not just NSW. The NSW govt poor management of the covid breakout lead them to need the vaccines faster. However, I think we also (as a country need to help) because NSW is a risk to us all.

I'm conflicted

The NSW premier has ignored advice from her public health doctors etc, who are actually quite competent. She has not required remotely adequate "lockdown" and should actually be sued by the rest of the Australian states. She needs to instigate basic public health infection control measures rather than depleting other states of their vaccines when their governments and citizens are doing what is required to control outbreaks in their jurisdictions.

Ambivalent - should have locked down sooner and stricter but feel vaccines should be where most needed.

The Federal Government should have bought more non Astra vaccines ages ago, and developed facilities to develop mRNA vaccines as soon as it became apparent that those might be some of the first to be approved. It is not useful to put one state against the other.

How about thinking what is best for the country

Federal government responsibility. All states have been behind in supply.

Difficult situation, but at-risk communities aren't just in NSW. I think with recent cases of vaccines being re-directed away from areas which have then had outbreaks (therefore needing re-direction back), has caused disruption to people and further reduced confidence. But I ultimately see it as the failures in acquiring timely and adequate supply by the Federal Governments, rather than the State and Territory ones.

I don't understand the logistics of moving vaccines around, however, if we had a major outbreak here and people were desperate to get vaccinated I would want help from the rest of the country. I think a portion should have been donated, but obviously just enough to help meet rising demands without disadvantaging others.

Refusal was sad, but the request should not have been necessary

Neutral because I believe States supply of vaccine was not adequate.

Vaccines are only one part of the fight. Another is the community's willingness to abide by Government directives to keep safe, and that is in the hands of the people of NSW, but something they don't seem to be doing well. Redistributing vaccines leaves other states vulnerable to unexpected outbreaks.

Each state has been given the right to manage their state. Whilst I expect secretly some states may have given some supplies to NSW, quietly I have been told by former residents of that location the basics of why this happened. The mps of that area needed to know their suburbs and the threats it presented if not aware of diverse population. Some cannot speak the English language and only mix amongst like cultures and mix they do. Australians by and large are told to stay home for their own good and they do, from knowledge of my vast amount of friends, family and family friends.

CLEAN YOUR OWN HOUSE FIRST

I don't know enough about this situation to be able to form a proper opinion.

Surely we should help each other. We are ONE nation. and would expect other states would help us if needed too Other state governments require their supply of vaccines. The Federal Government should have been asked to supply more vaccines

Until our own state is fully vaccinated.

Sadly selfish but I do not know the real facts.

Each state should look after its own. If NSW people adhered to the rules and did rally and protest, they would be better off.

The vaccine supply has been badly handled in all jurisdictions, and be-devilled by media amplifying fear of side-effects

General shortage.

We have seen the states dividing up the nation and purporting to protect their own citizens. The Federal government doesn't appear to be able to direct the whole country although the states keep making demands on the federal government. This may well be to do with the tax structure between the commonwealth and the states.

NSW has I believe played politics in their planning and decisions, and a great proportion of the population have not accepted their individual responsibilities in control. Therefore do not deserve additional assistance at the expense of the states and their populations who have worked hard in controlling the virus.

This was a selfish move and should have been looked at holistically, the prevention of this getting into our state is reliant on preventing other states from coming here, let's get our worst affected and highly populated areas vaccinated first, reduce the risk, reduce the spread and work it out from there. I share the same view about vaccines being offered to third world countries. We are however a society that is ingrained in thinking about ourselves first.

Its a tough call as the next outbreak could be only days away for your own state.

Unfortunately with the shortage and delay of Pfizer vaccine rollout I don't think the states had any other option with the present virulent delta Covid variant. I believe that Victoria govt asked NSW for vaccines during their first long lockdown and the NSW premier said they couldn't give up any vaccines.

This is a hard one, given that the supply of vaccines is generally inadequate.

We should all help each other

Basic Premise, "Do as you would be done by" that was not OK.

I blame the National Cabinet and my own Medical Profession for not educating people (including politicians and the media) about the equal risks of Pfizer and the safe availability of plentiful locally made AZ.

NSW has plenty of AstraZeneca - they should use it.

We all need vaccines - just because NSW is in trouble today - tomorrow it could be SA. It should never have been left to the states - none of the management of this should have been left to the states - it shows what a farce the federation actually is. The federal government needed to have stepped up....what an abysmal failure they have been.

On the fence, if a person gets vaccinated today and is also exposed to the virus in the community due to the current outbreak which has the greater effect on the individual? Should the effort be put into increased vaccinations in areas where there are no outbreaks?

It's the federal government's responsibility to ensure adequate supplies.

NSW should have been on the ball.

Expect State Govts to be parochial and constituents expecting them to be.

Difficult for all involved and understandable but we are supposed to be one nation (a federation). Needed leadership and adequate supplies of Pfizer and other alternatives in the first place

NSW has promoted the policy of keeping things 'open', and then when the situation deteriorated, expected other states to rescue it... states had been allocated Pfizer based on per capita of population

Don't know enough of the details around is to really judge

States would not be able to pledge delivered vaccines very easy. The delivery was difficult enough. Would not work well practically

I know the other states have to look out for their own, but places like SA are really doing quite well. Australians have a culture of helping out your mates, and that refusal was pretty poor. Surely somebody could've spared something at all

Despite how a particular state government tries to manage an outbreak, if there is a need to support another state its must be in the own states interest to assist suppressing the outbreak. Do we not do that for fires or other natural disasters? It was disappointing to see such partisan behaviour driven but state level politics

I was disappointed with the tone of this response. It makes sense to vaccinate where demand is highest - for everyone's benefit.

NSW has the largest population and economy so what happens there with COVID will eventually affect all of Australia. If COVID could have been stopped there it would have been stopped everywhere. NSW and the rest of Australia - except for WA - are one nation. WA is isolationist.

The NSW premier was responsible for multiple poor decisions early in the piece leading to the unfortunate situation the state faces

Governments refused because they weren't impressed with the NSW Governments handling of Covid. People were out in the streets at the beaches, rallies when they should have been in lock down. There was some sense that they were being given extra funds because they had handled things badly.

## **FUTURE EXPECTATIONS**

Delta will decimate the unvaccinated and the economy will retract. Relations with China will worsen and jihadist terrorism will rise. Climate change is growing exponentially creating instability in global relations and institutions.

Unless our idiot leaders drop the zero Covid mantra, then Australia is finished. Imposing meaningless vaccine passports, excluding people from society based on their health status and preventing movement within our own country is absolutely abhorrent to me as it should be for everyone.

We must stop having blanket lockdowns and accept deaths as part of the pandemic. If we can do this it will be better.

Federal government will put pressure on to open up due to election priorities. Health workers and hospitals will be in dire straits. We will be encouraged to go out, get on with life, so I will be staying home and isolating more.

The situation will improve when >80% of everyone eligible is vaccinated. It also assumes a high level of compliance with health directives such as quarantine, border restrictions and common sense.

Due to the positive impact of vaccinations

I am not sure. The delta variant has certainly changed the situation and it's possible that another variant may emerge quickly. The South American variant is still not a variant of concern it is possibly heading in that direction.

Different problems. Living with Covid. Rather than avoiding cases all together.

We will have more virus in SA

The uncertainty around the virus, how its managed, and what may transpire in the future, e.g. additional new strains make it hard to form a view of what will happen next year.

See above

Because people will be vaccinated there will be COVID circulating in the community and as my health situation makes me more vulnerable it means that I am going to have to take a little more care. My health is knocked for months by a normal cold. People's mental health will take a hit post the event, as people come to terms with the changing situation. The economy should improve but many people will have been affected long term by the COVID impact on their businesses. Then there will be the impact of Long COVID on individuals, families, the health, welfare and support systems.

Fingers crossed

I expect the issues will be different, but restrictions, deprivations and other issues will be just as great.

People will become complacent or otherwise antagonistic when the Government throws open borders in an attempt to live with the virus and avoid lockdowns. I fear civil unrest and many businesses in great distress.

Better thanks to more people being vaccinated

The Australian people are coming for the government in every state. STAND DOWN NOW.

At least another year before approx 80% of population is fully vaccinated.

It's a long covid journey & our physical health may improve but economically it may take longer

YOU ALL ALLOWED THIS TYRANNY TO CREEP IN. THANKS.

Transmission of SARS Covid 19 maybe much the same but as vaccination rates increase in the community severe disease may decrease.

With vaccine rollout completed in Australia, we should be able to reduce/eliminate lockdowns, open up Australia and repatriate Australians stranded overseas.

If we haven't learned to "live with" Covid-19, by 2022 (with sufficient vaccination), then the country will be in trouble (financially, people's mental state, etc).

Vaccines will enable hospitals to manage cases sporadically, but I think that it will be like the flu. Many will die, because vaccines will only reduce the impact but not stop the spread.

Hopefully but not surprised if the same

If they mandate vaccines it will be far worse! It's already dividing the country, family and friends. People will lose their jobs and people who wish to remain unvaccinated will be persecuted! It's going to be awful!

Personal circumstances unrelated to COVID have improved my life.

If nearly everyone vaccinates.

Totally unknown

If we get to 90% vaccinated population.

A little better; not much.

If enough people are vaccinated.

While shutdown and onerous restrictions is the first response, we won't learn to live with the virus

With the Delta variant expect more short, sharp lockdowns in SA.

Who knows

Vaccinations will hopefully allow for a modicum of improvement.

So much is unknowable. Could be much better, or much worse.

However, our path out of Covid-19 will be long and incremental.

Once 70-80% of the population is fully vaccinated

Unfortunately Covid doesn't seem to be going away as quickly as we originally hoped. On the other hand, with vaccines and the likelihood of other medical advances such as treatments, I don't expect 2022 to be particularly worse than the previous years.

Hopefully better depends on anti vaxers

Depends entirely on the percentage vaccinated

I hope

Mutations are inevitable and the clamour to open borders, particularly international, will make it hard to hold the situation, especially while quarantine is neither long enough nor sufficiently isolating. Our grandfathers tried harder, but they had far fewer international travellers to deal with.

I feel a significant number of people will refuse to get the vaccine and so it means restrictions will still need to put in place

Unless Ivermectin is used

I think this virus is like a wild animal hiding in the bushes waiting to pounce on the unsuspecting and careless inhabitants. I always think back to the Plagues of earlier centuries and the effect it had on world populations.

So many countries in this world are over-populated, poor and without good, if any, medical facilities to support a healthy life-style. Consequently that wild animal virus is hiding and always ready to pounce and kill.

Vaccines - if taken up should markedly improve our likelihood of lockdowns

With increased and improved vaccine production and population vaccinated. I expect a Covid booster vaccine yearly.

Until we have at least 80% of population, including children, vaccinated. World wide.

Until we get Epsilon strain and then we'll shut down for three weeks, contain and move on.....

There will be consequences from the massive government debt and political instability.

We must resume normal life in 2022.

Fortress Australia will not be able to open up any time soon. Until the government can accept that they have to change their strategy we will be an island nation in the strongest way possible. I'm not convinced that any

alternative government will take any different tack. We're doomed to be in the same state until.....who knows when.

Too few cases now to be concerned overall re lockdowns

If the promises and hype around the 80% vaccination rate being reached and putting life back to normal doesn't occur then things could well get worse.

Perhaps hoping rather than expecting.

Until 70 - 80 % are vaccinated

Until we have at least 80% vaccination, including children, things can hardly be expected to improve. Meanwhile who knows how many variants will be identified.

Living with an endemic covid will not be as easy as originally thought.

Much depends on how the Government continues to give out information and advice. To date they have failed to build up hope of any kind.

I'd like to think it would be better, but then that was the hope for 2021. How 2022 turns out depends on how quickly more people become vaccinated (I suspect there will still be a hard core of people who will feel they have the right not to be vaccinated)- and how rapidly the virus continues to mutate in unvaccinated people.

At least open the borders

I'm hoping things will be better but I really don't think things will be back to "normal" anytime soon, if at all

For those in SA, I think it will become more difficult once the borders open as the threat of catching Covid will be higher. That said, times should improve for many businesses.

Hopefully!!

Once the borders are reopened, we will have Covid in our community whereas it has been controlled up until now. Once that happens I will be very much more at risk.

## FINAL COMMENTS

Covid is reshaping work and community life. Covid has pretty much exposed weakness in our governmental systems, especially healthcare. It has also seen the rise of altruistic behaviour. It holds up a mirror to our image of who and what is Australian.

Do when all this happens with H5N1 or H5N8 can you run the survey again? Because I'm curious about whether people have learnt from this pandemic

Covid is real, all levels of government in Australia have acted responsibly and followed the health advice - what more could the public ask for during such a trying time?

No

The behaviour of politicians, health officials and the mainstream media has been absolutely disgraceful. The arrogance by state premiers displayed while endlessly spending the people's money is beyond words. National cabinet is a joke, the absent Prime Minister in state affairs is bewildering and nobody is questioning to stupidity of these so called rules to keep us safe. I am responsible for my health; I did not outsource that to the Government. It absolutely frightens me how Australia will end up if we continue down this path, but one thing is for sure, it will not be anything like the Australia I grew up in. I pity our children and their children.

Thank you for doing the survey. I hope when things are back to normal governments can take a step back and honestly review what they did and what they could have done better. I feel that we have lost a bit more of our Aussie larrikin spirit and fear for long term effects on young people and others who have been impacted so badly with interruptions to schooling, university studies, work and social activities. I also think it has highlighted a further divide in our society with older well off people sailing through with little ill effects and larger companies who have actually had their best results ever and grown even larger as compared to younger people in precarious employment and smaller businesses/sole traders.

No thank you

Thank you for the survey. Very interesting survey and pleased that I was able to participate.

The Covid situation has been politicised to the extent that it is now out of control. Our government has played to a very conservative and individualistic base and will continue to do so. If it weren't for the State governments we'd be doing as badly as the rest of the world.

Politics has taken over - "health advice" has been "accepted" based on ideology and strategy rather than the well-being of the people.

Covid is making it so hard for immigrants to go overseas to visit family and I haven't seen any media talking about it. Natives find it hard to understand the feeling of the unknown meaning having to wait till the international borders open again and that visceral feeling of missing family members living overseas. Mental Health is definitely affected by that.

No

We are in this for the long haul, and need to be used to living with an eye to safety.

Like the flu we just have to live with and have booster vaccinations - which they are now doing in the US

Clearly COVID hasn't been a big issue for me, because (1) I am retired, (2) I do research work mostly online from home, and (3) I live in the Barossa. I'm also (I believe) rational and relaxed.

There's a lot of other issues which need to be dealt with, complicated by covid, eg humane resettlement of people in detention and now Afghani refugees, consequences of climate change (which maybe includes covid), treatment and valuing of Indigenous people and indigenous knowledge re sustainable land and water

management. Also philosophical changes needed about issues such as human entitlement, short term profiteering vs long term destruction, attempts to privilege one particular class, city, country, religious sect over greater good. We are all in this together, and totally interconnected - and that's not just humans. Even covid crosses species.

No

Hopefully some habits acquired during the pandemic eg increase of people exercising outdoors and connecting with nature, better community friendliness and cohesion, paying attention to the science, staying connected to friends and families, being grateful to live in SA and that our Premier listens to the medical advice and acted promptly to arrest outbreaks / clusters when they occurred.

I have no problem with being locked down if local infections demand it. But if there is no need for us to be locked down, then there should likewise be no need to wear a mask. I find it really disappointing - incredible even - that 18 months into the pandemic, our political masters have seemingly learned nothing about epidemiology. That is just disgraceful !

Need better management by inadequate Federal Government

Our government's reliance of face-saving policies over science has been a disaster that bodes poorly for the future in Australia

In a survey about COVID and how people have coped I would have thought that the questions on mental health could have been better framed. For example, someone who has just lost a family member could be very depressed because of that and not because of covid.

If the Federal Government had got its act together this crisis need not have been so severe. They are culpable for the deaths of the elderly, the disabled, our Indigenous peoples and widespread suicides. Shame Scom shame !

I've been lucky but others haven't. The economic impact on the community generally and particular sectors of the community needs to be better understood and appreciated by the Cth Govt. Better income support certainty and access is needed as well as support for some small businesses. This survey needs to be undertaken at different points in time and in different states because of the different experiences to be of real use. It's a pity we missed the first lockdown and other lockdowns as they have emerged.

Thanks to our Chief Medical Officer Nicola Spurrer and Police Commissioner Grant Stevens . They have led us well. Our Premier has led well by allowing the health decisions to go ahead and not apply a set of politics to it.

Interesting questions.

This has been a disaster for people working in the accommodation sector in the capital cities. The impact on small business in these areas will only become apparent in the next few years after the pandemic.

No

What happened to the flu or common cold.? Where are the grieving families of covid victims? Why does a death with covid count as a death from covid.? Why can't the pcr test tell the difference between covid, delta, or the flu. Why are the eastern states still locking down hard but the cases are rising. Why was a covid positive man on the run in public when he should have been fighting for life in ICU.? Why does mainstream media lie to us..? To create fear so we can be manipulated for something a whole lot bigger.. That's why..

No

I think the lockdowns, while hard at points, have been necessary. Giving up a little freedom and enduring some hardship is good if it means saving people's lives.

Unfortunately I was one of the unfortunate people who had a bad reaction to the AZ. I was bed ridden for three days with severe aches, pain and uncontrollable shivering. It took me over two months to fully recover from the AZ jabs.

I think Australia has been as good as u can get. Perfection isn't an option with (1) a free population (2) human nature We wouldn't want to be without either of those!! I get a bit sick of people criticizing the good job gov and everyone else is doing. We haven't seen anyone on planet earth do it better. A few people who should know better foment unrest eg mayor in western syd thinks people feel victimized being in lockdown. How about the intelligent answer - their population is being protected! I'd hate to live in a jurisdiction which said "we're not going to bother u with lockdowns because we don't want to be unpopular and we think mingling isn't relevant to the contagion. And only a few thousand will die" And how about saying one area locked down and not another is sensible. You can explain it with leadership skill that the mayor didn't have like "when someone gets sick we don't put the whole community in Hosp. Measures are targeted to those who need them. It's not a punishment dear citizens. "

No

This survey will be very biased due to the fact that only a self-selection of people, (predominantly wealthier and more educated) will complete it. Thanks.

No

None of these bodies are giving the public an honest evaluation about the true benefits or risks. There are known ways to prevent the virus attacking the body, by means of a whole food plant based diet that avoids the substances that the virus feeds upon - refined sugars, refined grains, acidic animal products, dairy products, processed oils and all processed foods. The doctors who have been speaking out about this have been silenced by threats of disqualification and any preventative information put up on the public media has been taken down. We are not being given a balanced or true view of the vaccination and in the future, people will be divided into the 'haves' and 'have nots' when it comes to travelling, dining or even being admitted to venues etc. This will cause MORE division within the community. I am NOT an anti- vaccination person, everyone should be allowed to make an informed decision based on true facts, we are not being given this.

No one has any information about how the vaccine is going to affect the future of the fertility of the young people, this could decimate Australia's future population. Who is going to be answerable when this happens? The drug companies have already indemnified themselves against any claims, they are not even standing by the products they are pushing onto the public. Thank you for the opportunity to express my views.

No

The government and political voice always state that they are here for it's people and one thing this pandemic has shown is that given time; big business, peak bodies and lobby groups make the real decisions and the people are last to be considered

Thank you for providing this opportunity to collect people's experiences.

State governments have behaved in an appalling manner.

Hopefully the lessons from this pandemic will better prepare us for the next one. This survey was well-structured and gave me an opportunity to appreciate my own circumstances and reactions to what is a historically difficult time.

Survey could have omitted Qs that were irrelevant e.g. about work when already stated that I'm retired

This survey is valuable to give us hope that an organisation such as NGS cares enough of global issues to call on community opinion. Hopefully you will use the research to highlight to the Government the problems that are subliminally disturbing society going forward and the dangers that the peripheral problems associated with Covid represent. As old people we have only 'short term' to concern us but it is diabolical to know the long term impact on younger people - truly horrendous and inadequately addressed by clinicians, business leaders, politicians alike. Your questions clearly indicate that you are 'on to it' and realise the need to consolidate what is going on to address the problems with urgency and commitment. Please contact me on 0414969206 should you require further comment or clarification.

I feel particularly sorry for people on precarious incomes and suffering housing stress. People such as Harvey Norman disgust me

No

There wasn't a comments section about Work/Work from Home. My experience of the last 18 months has been an increase in work hours in both environments. The additional administrative and HR responsibilities for my work as a manager means that my 'big' full time job is now unsustainable, and my physical and mental health is greater jeopardy. Other managers in my work place have had the same experience.

As we are retired, Covid has not had a major impact on the way we live, and lockdowns have not been hard. However, we feel for those with no work but still have living expenses - it must be very tough for them.

I think it's good you are taking a snapshot of social conditions, I hope I see the results sometime!

I really hope that results can be passed on to those that make decisions for us.

Covid has brought to the fore like nothing I have previously seen the fault lines in the federal government system. With indifferent leadership preoccupied with image and tainted with secret private deals, the federal government has become a barely relevant bystander when it has not been actively incompetent.

31<sup>st</sup> August Australia will stop. This government WILL STAND DOWN.

Some problems with the survey. There should have been more targeted questions - eg I live from my superannuation as I am retired. The question about accessing it should have been targeted to people still of working age who wouldn't otherwise have used it. The questions about beliefs were poorly phrased and showed investigator bias. They could have been worded this way: What are your views on origin of Covid/safe development of vaccine/etc etc

It made things a lot worse for lonely people making it socially unacceptable at times to want to meet in person. It also made it impossible for first home buyers to buy properties as the prices increased by 20-25% and the only ones who can afford to buy are the already financially stable or wealthy people.

In this day & age of advanced technology and medical research it seems somehow bizarre that something so small can hold the world to ransom and we are always 10 steps behind and we are never going to catch up.

No

Vaccinations should be mandatory for anyone mixing with public

I don't use the term Co(rona) vi(rus) d(isease) (2019) Sounds pejorative! I prefer Corona ....

Thank you for it. The results will be interesting

Political leaders saying we are all in this together, but we are so not!! The states are all divided and doing their own thing.

**THIS COVID FRAUD WILL GO DOWN AS THE MOST STUPID THING TO EVER HAPPEN TO HUMANITY. YOU ALLOWED YOURSELVES TO BE FOOLED AND LOCKED UP. CLAP CLAP**

If there were a vaccine against human stupidity we would all be better off.

Thanks for doing this research. It will be interesting to see the results

SA has benefitted from the tyranny of distance and has been well managed overall. However, we need to stay vigilant about the dangers of each new variant, as they will each bring new issues, needs and consequences.

Good luck interpreting the results!

Thank you.

No.

It has been a very unusual time. I think we (in SA) have been relatively shielded from the worst of it, thanks to a number of things (Australia being an island, our approach to zero spread and the SA Government) but what

the future looks like (especially for our kids) is cause for concern. Lots of unknowns can be unsettling. But that is countered by some of the good things, like the general slowing down. Acknowledge though that this is coming from someone who still has a secure job and is able to continue to provide for a family - a lucky position to be in.

Because our world is "smaller" and more and more people travel, Pandemics of various strains will be here to stay. Governments need to have plans in place to manage people during pandemics, and governments need to be strong willed about priorities, be they economic or health driven.

A simple Darwinian analysis (ie what selection pressures are on the virus) will give you a pretty good indication of what will happen next - ie the virus will become more infectious, and less controllable by current vaccines (and probably will infect more species). It will inevitably evolve to find gaps in any quarantine, lockdown, disinfection or other measures we use to suppress it. All we can hope is that there is no selection pressure toward the virus causing more morbidity and/or mortality (I suspect at the moment the morbidity/mortality pressure is more or less neutral - deaths and hospitalisations are not causing the virus any problems, but are also not benefiting it). It's going to be a long ride.

I am a university student, but there was no option to specify that in the survey. I am not "working" since I don't have a job, but I do "work from home" since I watch some lectures from home.

Missed out on interstate travel which we had planned some with family.

Nope.

No

Just need to get on with it, no good complaining always someone worse off

Federal government handled the outbreak well let down by some state premiers

Good that you're doing this survey. COVID is a damned nuisance as we cannot support our daughter in NSW

Lockdowns do not work.

Survey not nuanced enough.

Make the vac mandatory and stop fucking about

People who don't comply with health directions make me angry.

No.

As an older citizen and one who is not good on it I feel marginalised by the reliance the governments place on giving all information out on websites. The reason I've taken so long to get an appointment for my vaccine is that I can't use the internet very well and couldn't find the information. A leaflet dropped into the letterbox with a phone number or a page in the paper detailing where to get a vaccine would have meant I'd be fully vaccinated by now.

I think the wording of this survey was vague/too broad at times and I felt unable to accurately express my opinions and feelings. I hope you collect the kind of data you are looking for!

Keep cash, and paper, not everyone can access online, ir wants to

Great questions in this survey

There should have been an option showing you are retired and receive super payments at the beginning of the work questions.

I think that the borders closing is so divisive and cruel. I think it is abhorrent that footballers and local/overseas celebrities are allowed to travel around and enter Australia because of their financial 'power'. I think vaccine passports are a breach of human rights. I think that masks are a means of control, power and coercion. I think that this 'disease' has obliterated our concept of community and has created division, mistrust and aggression. I am so angry and sad and fatigued and overwhelmed and this has to stop before our world implodes at the insanity of all of this. How can this be allowed to continue?? The trauma and impact of these past 18+ months will be felt for years to come. People's mental health, livelihoods and relationships are suffering so profoundly and it is WRONG! People are dying and families are not being able to mourn; babies are being born by masked mothers and then returning home to care for their children without support networks; sick people are being denied comfort and touch from their loved ones; thermometers are being shoved into people's (mask-covered) faces... these are crimes against humanity and it cannot go on. My heart breaks for our world....

Covid has been a complete disruptor. There were no questions about essential as I workers in this survey. As I am one my work has not changed other than being busier and more challenging.

I wish the politicians would stay out of this and leave to the health professionals to decide what is best. The Federal Government, during 2020, used the pandemic to bash the Qld and Victoria state premiers while dishing praise on NSW. There has also been a lot of confusing and confused information coming from the Prime Minister and Minister Hunt and others about the vaccine rollout. State Government Covid information websites are sometimes woefully out of date and for some states (SA included) it is hard to find the information required. Some consistency would be appreciated as would a simplified cross border permit system. Regarding this survey, questions based on previous answers were not relevant to me for I felt obliged to answer. Survey Monkey does allow scope to allow questions to be skipped if they are not relevant.

Our governments will look back and realise that a strategy of elimination was extremely costly, had little effect on saving lives (particularly after vaccines became available), and were ultimately futile. Responsibility for one's health ultimately rests with the individual, not a government. Personal choice and liberties were compulsorily taken away in the name of keeping people safe. This is not possible, and us not the responsibility of governments. One person's life or safety should not be bought at the cost of another.



I experienced significant side-effects from the Pfizer vaccine after my second dose: I was bed-bound for about three days with a terrible fever, body aches and a painful headache. I then had terrible brain fog for a further four or five days. It took me approximately a week to feel normal again - the strength of the side effects really surprised me, I have never suffered side effects like that from any other vaccines or medication in the past.

Publicly name & shame anti-vaccination crusaders. Punish those who defy restrictions to the detriment of the Community

I am so proud of SA and feel safe being here - largely due to the management of any outbreak by the SA govt. Full disclosure - I recently lived in the U.K. during the pandemic and it was horrendous. Living in SA actually feels like living in comparison!

Like all surveys I've done, many answers are inadequate, making the outcome likewise. Because of this, I very nearly abandoned this survey, as I do many others.

Yes. We live in a politically correct post-truth era. Even when the Chinese government was aware of the pandemic potential of this virus and had Wuhan and other areas in China severely locked down, it still allowed Chinese nationals to fly out to the rest of the world, knowing this would spread Covid to the rest of the world. Why is that labelled as a conspiracy theory?

I hope we learn and improve things as a result of the pandemic

You should have included border closures. This is often overlooked, because migrants are a minority. But the mental health impacts this has had and continues to have in my life is worse than the idea of having Covid. This, in addition to the unfair distribution of financial impacts, means that it hasn't cost many people much, while some have had severe impacts. Yet if someone is angry, or criticises measures, they're portrayed as anti vax idiots. The public discourse has lost all nuance.

Steven Marshall has done a great job protecting our State, whereas Gladys Betejikian has been pathetic.

Comment to clarify the question on accessing super funds. My super is my sole income but I did not access any additional amount above my regular super pension. If we judge by the 1918 epidemic, year 2 was the worst. Hoping for better in 2022.

Would love to see how the results are compiled and used in the coming months :)

I worry about children not having access to vaccines yet.

Glad to see the survey is under way.

No

As this survey is intentioned for reading by researchers potentially decades from now, it is important to put our members' responses into context. I expect that very few members are in the workforce, and at the start of this pandemic I was still in a full-time job (before retiring). As I was deemed to be an "essential worker", I commuted everyday to work, did my job, and came home. My days were largely unaffected and the initial lock-downs had little impact on me. The reason I say this is that it's important to recognise that our membership base is largely of retirees whose experience will be very different to the very large portion of the general population who have simply worked through it and adjusted some daily behaviours as needs have arisen.

Didn't make it clear that the family member's death was not the result of Covid. Also that there is hope - some aspects of our lives will (hopefully) be improved as a result of better practices such as handwashing, social distancing, masks where recommended and generally looking out for each other.

No

No but you have a lot of info. We lost from memory about 12,000 in Australia during the Spanish flu, when the population was 3m - 3.5m from memory. The flu was transported back from returned soldiers and said to have come from the good old USA again. My grandmother's lungs were drained on the family dining room table. She had a lung issue all her life, but smoked most of her life until it was made public that smoking was detrimental to your health.

Am concerned that relying on vaccination as the primary means of dealing with Covid in NSW will result in spread of cases across Australia. Am appalled that notions of "living with Covid" in some conservative sections of the population means that it is acceptable that some people will die. Also believe that the 18-30 age group should be given vaccines ahead of 31-59 age group as many of the younger people are working in jobs where they have greater public exposure to the virus - supermarkets, delivery work, etc. Vaccination priorities should be now consider risk and occupation rather than just an age cohort.

**LISTEN TO THE SOUTH AUSTRALIAN HEALTH TEAM.....BLESS THEM**

My main concerns about Covid are less about the disease itself and more about the consequences of lockdowns and restrictions because of it. For example, having concerts cancelled, not being able to go eat in a cafe when I want to, possible shortages in the supermarket. Although I am by no means a shopaholic, the very thought of some shops and the cinemas being closed for a week made me go out shopping on the first day after the lockdown and also go to the cinema twice within a week afterwards. Also I hate wearing masks and some of the other rules and restrictions. These are personally more distressful than Covid itself. I am not grateful for the restrictions because they keep me safe, which I gather is what the govt wants my attitude to be. However I will still abide by them. Also I needed to upgrade my phone plan to get more data because of all the QR codes. The survey questions about vaccines did not take into account an intent to get a vaccine (for example, I'm booked to get my first jab in about a week's time). Although I answered No for whether I had been vaccinated, I still answered the questions about which vaccine and why I was getting it as though I had been vaccinated, since I am shortly to get it. For some of the questions, my answers did not necessarily relate to Covid so if you wanted answers to be specifically with regards to Covid rather than just what you do anyway (e.g. washing hands) then I think you needed to say this. There were also several questions which I needed to skip over as being non-applicable but no box to tick for non-applicable (or similar).

Thanks

Thankyou for giving a man on the street an opportunity to be heard without censure.

COVID has not affected me financially. Nor has it (at this stage) affected my immediate family. It has at times been difficult to socialise with them, which has sometimes brought on a feeling of sadness.

No

Scott Morrison has done his best in an unprecedented environment. Premier Marshall, Nicola Spurier and Grant Stevens have been excellent in keeping SA safe and all SA people for complying.

Perhaps ask members how many have had to quarantine, to give an overview for 2021

We must all adjust to different ways of living, working and communicating, even if the pandemic fades away. And governments must have strong plans in place for future pandemics rather than the current bit-by-bit approach

People who break the rules should be charged with attempted man slaughter.

We need to become more independent as a nation with less reliance on other countries particularly in regard to health security manufacturing and essential infrastructure should all be Australian owned

Unvaccinated should be excluded from work and events.

I have been fortunate living in goolwa I have many friends whom I walk with in the mornings we stay in contact work hasn't been too problematic I don't enjoy webex or zoom but apart from that things have been pretty cool

I have commented on the survey question structuring above.

No - people must get vaccinated and we need to have determined the requirements for ongoing booster shots.

I'm sick of the restrictions and mask wearing

The constant barrage about Covid through the media has not helped anyone. Deaths and cases are sad but need to be kept in proportion to the population. This has felt like fear mongering. Grateful to Japan for holding the Olympics and putting something healthy and positive onto our screens.

No

We need to learn to be more patient. We are so privileged and that leads to a false sense of entitlement. We need to stop and think of other countries. Its time we toughened up.

Just hate the antivaxes and those screaming privacy or conspiracy over a vaccine passport. If they have a driver's license and wear a seat belt then being licensed to protect others is a no brainer.

I am thankful I live in a state that responds quickly to an outbreak. The survey should give an indication at the beginning as to the average time need to complete it. After a while you wonder "when is this going to finish"

I think the mental health condition of our population will take a long time to assess. Financially, I think the federal government help should have been for 12 months.

There are specialist doctors that understand more about Covid 19, I believe, judging from researching them, that the chief medical officers in Canberra. If the Govt. had listened to them regarding Covid and quicker lockdowns, we would not be in this mess.

Restrictions too hard in regional areas and for some businesses while fast food businesses with many staff on top of each other continue and other open retail businesses often fail to observe PPE and social distancing requirements

My father had a book in his possession on the 1940s which in one part read " Beware the white bear, and the yellow peril" I have always remembered that quote and believe it to be true today.

Hopefully a lot more people will be vaccinated

Its disappointing that the Federal Government weren't more pro-active in securing vaccines. Now the shit has hit the fan they suddenly seem to be able to fast track supply, why did it take a 3rd phase and new variant for them to get their act together.

Not really. I feel much more fortunate than many. I respect the rules around Covid to protect the community

I think there will be more pandemics as the planet gets more stressed. This has been a trial run. It is disappointing that people don't take it seriously because I believe it is something we'll have to get used to and the more the community cooperates, the fewer deaths there will be.

No thanks

Thanks

I feel sorry for the younger generations as there is no clear way out and they may feel hopeless.

Survey is good - Covid has been a great loss of opportunities for all and financially to most.

Thank you for giving me an opportunity to contribute to our historical records!

Australia's isolationist response is self-defeating.

Survey has been interesting. I think I've said all I can bear to say on this topic. The only addition I would make is that it is sad that, as a result of the pandemic, I have found myself in company I would never have wanted - agreeing with appalling people like Alan Jones and Peta Credlin. As my piano tuner said - stop the world, I want to get off.

Need governments to drill down on specific actions we need to do

What needs to change is the paranoia by Govt over very few cases needing total lockdowns and need of mask wearing. The whole of the state does not need mask wearing or lockdowns where only 1 or two infections found. It is a total imposition.

Will be interesting to see what the long-term impacts are on society.

Good questions.

People should heed the directions provided by the state's leaders - ignorance is no excuse

Prior to Covid, I understand that Australia had a national pandemic response plan. Got to say that this did not seem to have any effect on the nation's early responses. Got to wonder about all the other 'National Response Plans' and their effectiveness!!

I hope its motivation is apolitical. As for the future, it's clear that no one was well prepared, and we need to do better. One of the reasons for COVID's spread, as I observe, is an almost complete lack of proper social distancing. No one in my shops or supermarkets keep their distance, and no COVID marshalls monitor what customers do. You didn't ask about that.

Survey is a good idea - we are not good at creating base data or information. We hope that Govts and bureaucracy learn from their mistakes.

The survey only canvasses Australian experience but this is a worldwide pandemic and who knows where it will all end?

Remove social platforms that promote misinformation re COVID.

No

Am seriously concerned about the mental well being of others who are losing their jobs and suffering in this crisis.

Covid has had some positive effects on society e.g. people avoid pushing in and are a bit more patient, hygiene has improved, it's good to see business people observing health standards.

No

A lot of people reassessing what is important in life, placing greater value on social interaction with family/friends/work colleagues

No

No

The impact of Covid on the Australian economy in the longer term is a constant source of anxiety. Eighteen months into the pandemic I feel guilty for being fatigued by being Zoomed out at work and by severe restrictions on travel, when other states and countries have experienced far greater impacts.

It will go down in history

I am concerned for the people who blatantly refuse to follow rules. Even among my limited social circle, you hear whispers of people wanting to start uprisings, protests etc. I don't believe the vaccine is the "only way forward" for this country, at least right now fully vaccinated people are not really at any benefit restriction wise: still quarantine, still wear masks, still can't visit dying loved ones etc. And I'm also curious as to why no treatments have been invested in, only this preventative measure that isn't failsafe.

COVID is real and the world will just have to learn to live with it

Learn from the past, respect science, question everything and understand motivations of leaders.

I appreciate the opportunity to share my views and hope my responses will be recorded accurately. The pandemic response has been overly political and society has been encouraged to be overly dependent on government. People are social beings who differ in their ability to assess risk. Generally, most people seem to have forgotten that risk is part of life and that by enforcing restrictions, governments have not allowed people to live a meaningful life.

COVID has not affected my life. My holiday overseas was cancelled, but due to restrictions I have saved a lot of money. I am very fortunate that my job was not affected, besides working from home a few days.

Covid sucks

Nope

Some of the questions don't follow from previous answers - review survey construction please

No

I think young couples with children have been very much more affected, struggling to look after children, trying to work from home, trying to keep their jobs. There is little they can look forward to and it is hard to see past a time when Covid won't be an issue.