

Methods:

We conducted a cross sectional study during November and December 2020 among adults tested for COVID-19 in Mahdia (Tunisia). To assess the life habits changes (sleep, physical exercises and diet), the compliance with barrier measures and preoccupation with COVID-19 pandemic news, a reliable tool was developed and pretested by experts at the department of Preventive and Community Medicine

Results:

A total of 277 participants were enrolled, the average age was 34.32 years \pm 13.7. Among them 60.8% were women (sex-ratio = 0.51). Almost two thirds 62.2% were tested positive for Covid-19. Doctors presented 29.2% of the respondents. Among the study sample, 38.6% lived with elderly people. Approximately three quarters 77.8% reported an improvement in compliance with barrier measures. The majority 92.1% respected more the social distancing. As for hand washing and for mask wearing, 87.7% said to wash their hands more, and 95.3% were more concerned about wearing masks. A life habits change was observed among 16.7% of the respondents. Almost half of the participants 45.5% increased their physical activity, while 76.2% tried to get a healthy diet. Sleep disorders were registered among 48.7% of respondents. Preoccupation with the COVID news was observed in approximately half of the participants (57.8%).

Conclusions:

The COVID19 pandemic affected different aspects of our lives. Research related to lifestyle, social and behavioral studies are as important as those related to medical and biological science.

Key messages:

- A life habits change was observed among 16.7% of the respondent, sleep disorder were registered among 48.7%, and 77.8% reported and improvement in applying barrier measures.
- Research related to lifestyle, social and behavioral studies are as important as those related to medical and biological science.

Change of life habits and applying barrier measures after exposure to COVID-19, Mahdia (Tunisia)

Fatma Youssef

F Ben Youssef^{1,2,3}, H Sfar², N Omri^{1,2,3}, I Mlouki^{1,2,3}, Med Hedi Jendoubi⁴, S El Mhamdi^{1,2,3}

¹Community Medicine, Faculty of Medicine of Monastir, Monastir, Tunisia

²Preventive and Community Medicine, Univercity Hospital Taher Sfar Mahdia, Mahdia, Tunisia

³Research Laboratory, Epidemiology Applied to Maternal and Child Health, Mahdia, Tunisia

⁴Covid-19 Confinement Centre, Univercity Hospital Taher Sfar Mahdia, Mahdia, Tunisia

Contact: benyousseffatma09@gmail.com

Introduction:

The COVID-19 pandemic is causing considerable lifestyle changes through barriers measures, lockdown and social distancing. These changes include: Preoccupation with Covid-19 pandemic news, sleep disturbances and eating habits changes.

Aim:

To assess the lifestyle changes after exposure to a risk of coronavirus contamination.