

# Results From the 10,000 Tokyo Citizens Survey Conducted by the Tokyo iCDC Risk Communication Team (conducted February 2025)

June 12, 2025

■ **Survey Method:** Online

■ **Survey Target:** Citizens aged 20 to 80 with an address in Tokyo

■ **Sampling Method and No. of Samples:**

• Quota sampling in line with the sex, age composition and residence of the population of Tokyo

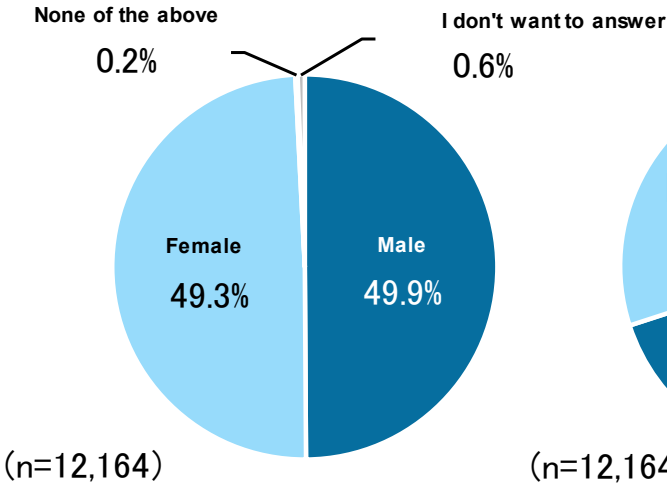
• **12,164 samples**

■ **Survey Period:** 11 days, from February 7(Fri) to February 17 (Mon), 2025

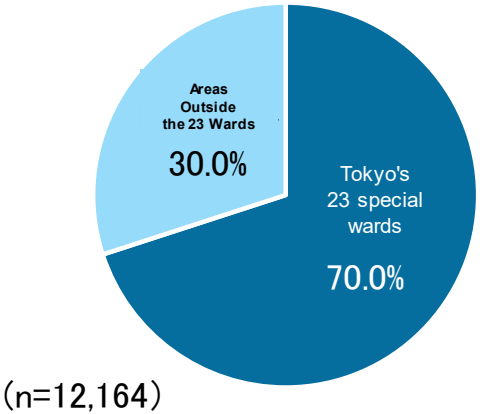
■ **Survey Items:**

- COVID-19 experience and Long COVID    ○ Feelings regarding COVID-19    ○ Current infectious disease control measure
- Antimicrobial Resistance / anti-microbial drugs / antibiotics    ○ Information related to infectious disease
- Infectious disease control measures in times of disaster    ○ Thoughts and preparation for new pandemics etc.

Respondent Sex



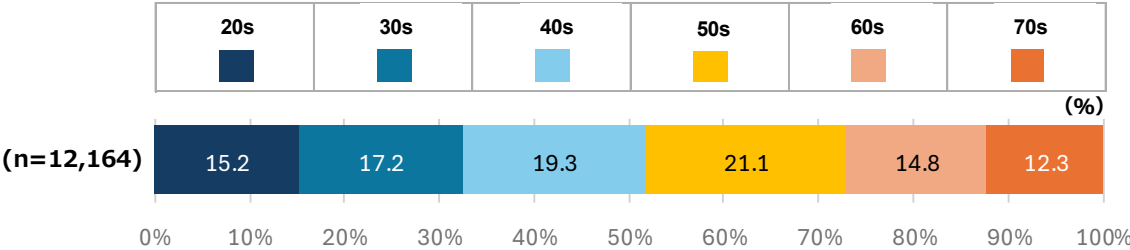
Respondent Residence



Respondent Occupation (Unit: %)

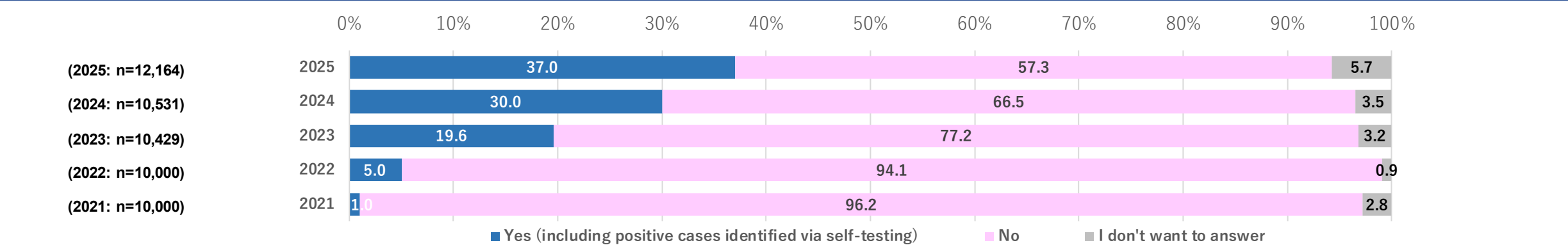
Administrative and managerial workers	7.3
Professional and technical workers	12.3
Clerical workers	17.3
Sales workers	4.2
Service workers	11.5
Security workers	0.7
Agriculture, forestry and fishery workers	0.1
Production process workers	1.5
Transport and machine operation workers	1.0
Construction and mining workers	1.0
Carrying, cleaning, packaging, and related workers	1.9
Workers in unclassifiable occupations	3.5
Homemakers	12.6
Students	2.6
Unemployed	15.0
Do not want to answer	7.5
Total	100.0

Respondent Age



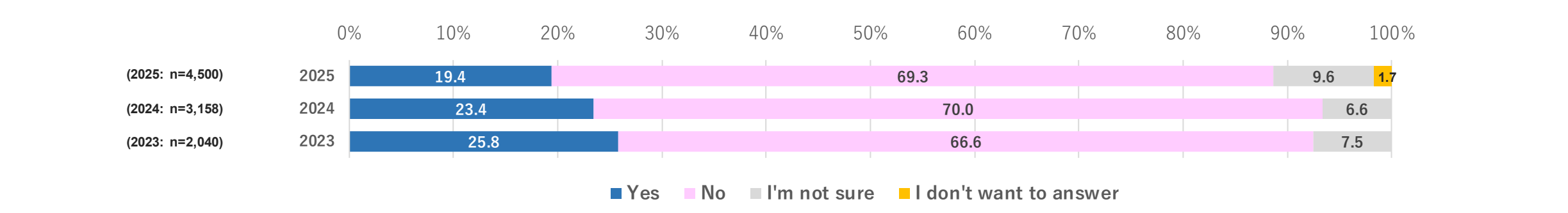
\*The composition ratio of this survey result had anything below the second decimal point rounded off, so it may not be exactly 100 even if totaled up.

Have you ever tested positive for COVID-19? Choose one from the following for your answer.



◆ Of those who answered, **37%** have experienced testing positive at some point (n=4,500). (This percentage has increased year-on-year since the survey was conducted in February 2021)

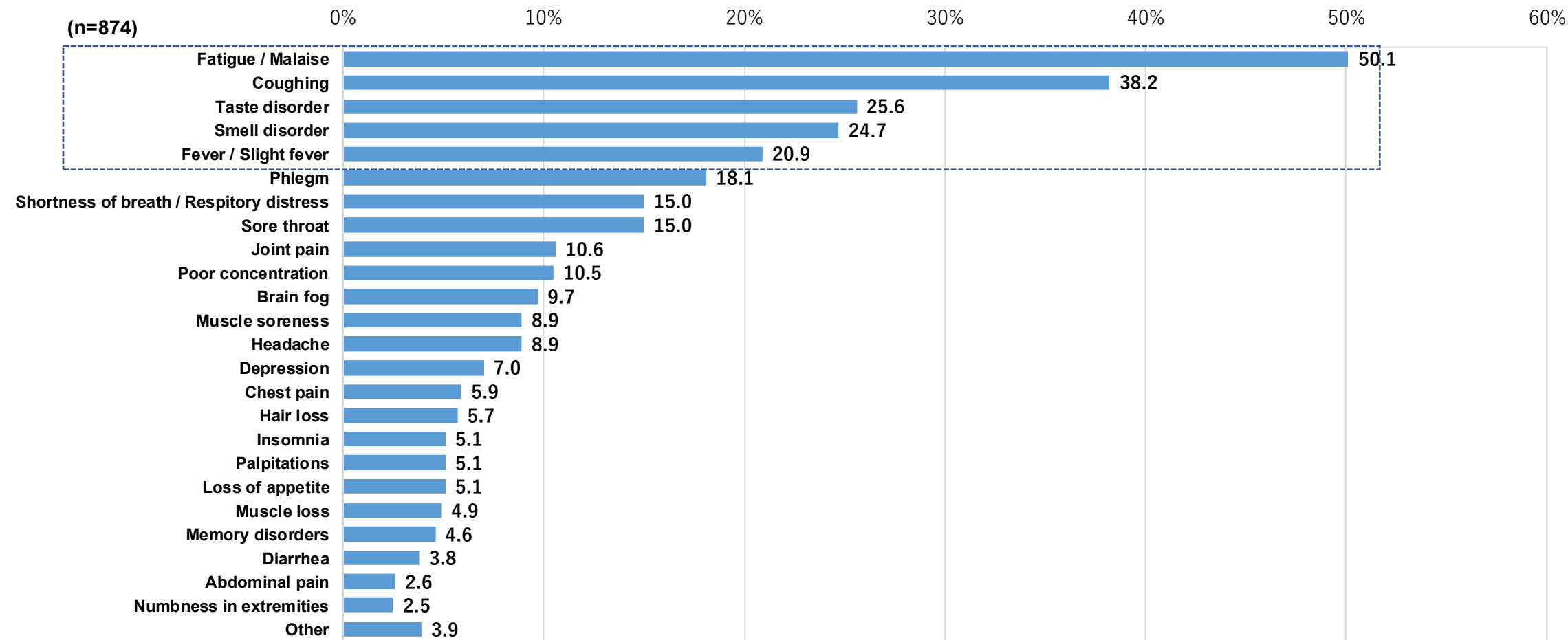
(To those who have experience testing positive for COVID-19) Have you had any symptoms that could be thought of as Long COVID two months or more after contracting COVID-19? Choose one from the following for your answer.



\*2023 and 2024 saw only three options: Yes, No, and I'm not sure

◆ Those who answered that they had symptoms that could be thought of as Long COVID two months or more after contracting COVID-19 accounted for **approximately 20%** and that number has been **dropping since the survey conducted in February last year.**

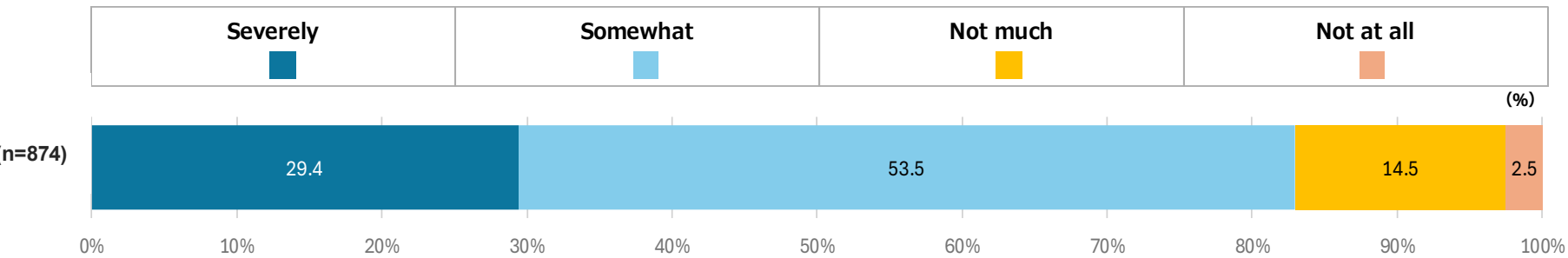
(To those having symptoms that could be thought of as Long COVID)what sort of symptoms did you experience as Long COVID?  
Choose all that are applicable from the following (multiple answers available).



Of those who answered that they had symptoms that could be thought of as Long COVID,

- ◆ most people, roughly half answered “fatigue / malaise” at 50.1%, with 38.2% answering “coughing”, 25.6% answering “taste disorders”, 24.7% answering “smell disorders”, and 20.9% answering “fevers / slight fevers”.

(To those having symptoms that could be thought of as Long COVID) To what extent have Long COVID hindered your daily life? Choose one from the following for your answer.

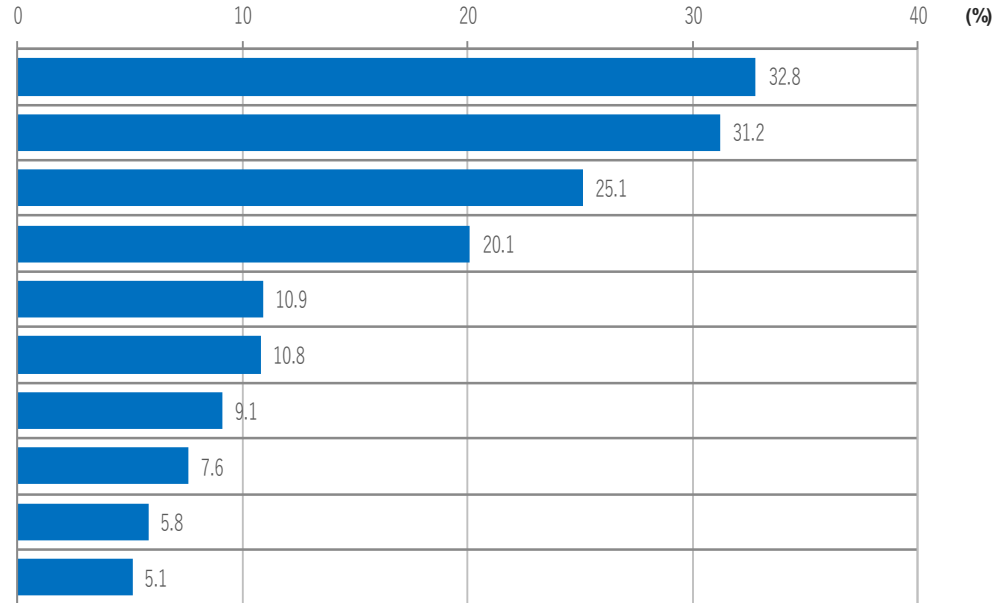


◆ Of those who answered that they had symptoms that could be thought of as Long COVID, **82.9%** answered **Long COVID** has “severely” or “somewhat” affected their daily lives.

(To those who answered that Long COVID was hindering their daily lives “severely” or “somewhat”) What problems have you experienced or what impact has this had on your daily life since experiencing Long COVID? Choose all that are applicable from the following (multiple answers available).

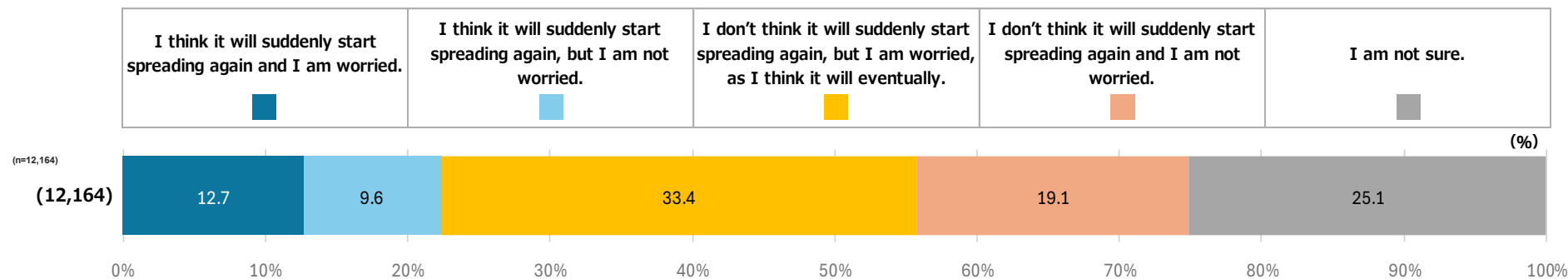
( n = 725 )

- I haven't taken time off of work / school but there has been a hindrance to work / school.
- The symptoms don't seem to be getting better and I frequently get anxious.
- I've taken time off of work / school due to Long COVID.
- Expenses for things such as medical treatment have increased.
- My income has been reduced or is gone.
- I wasn't able to garner understanding or consideration for the hindrance to work / school caused by long COVID and the necessary support.
- I can no longer live on my own. (need support for food, cleaning, laundry, etc.)
- I had to quit work. / I was held back at school. / I had to quit school.
- I had no one among my family or friends to talk to about Long COVID.
- My family or close friends did not understand my condition.



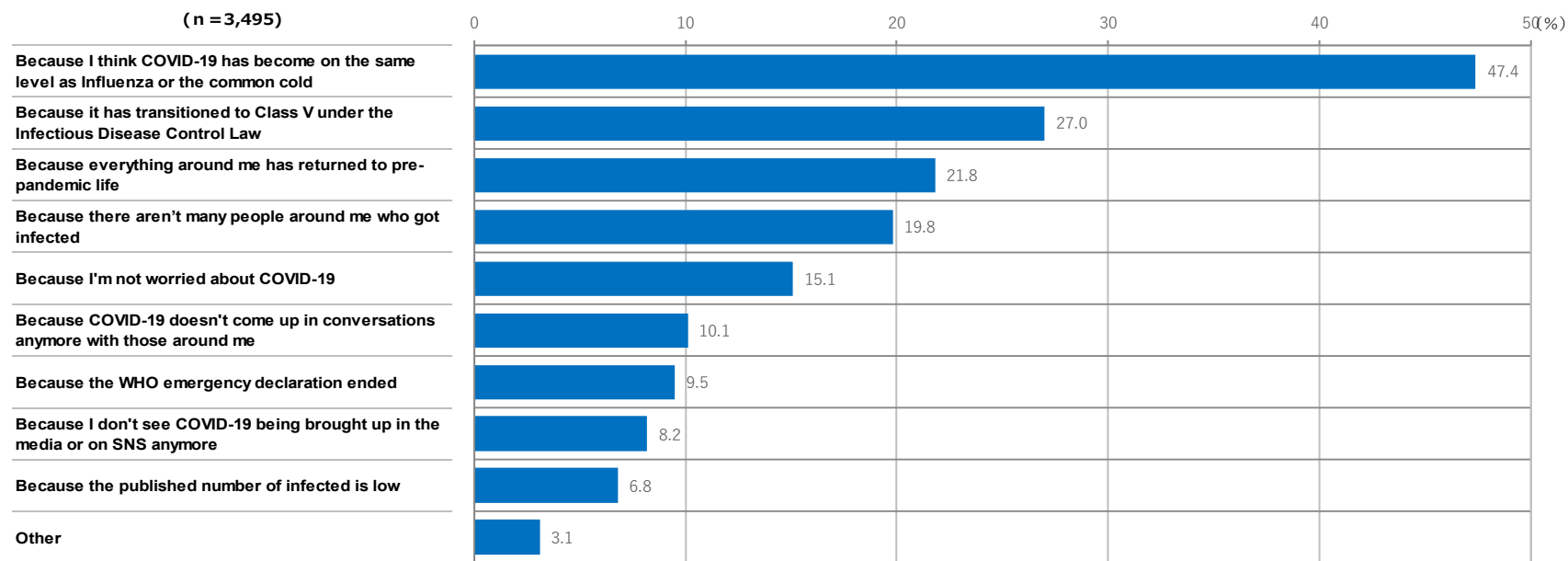
◆ Of those who answered, **32.8%** selected “I haven't taken time off of work / school but there has been a hindrance to work / school”, **31.2%** selected “The symptoms don't seem to be getting better and I frequently get anxious”, **25.1%** selected “I've taken time off of work / school due to Long COVID” and **20.1%** selected “Expenses for things such as medical treatment have increased”.

What do you think will happen to COVID-19 infection status moving forward? Choose one from the following that matches how you feel.



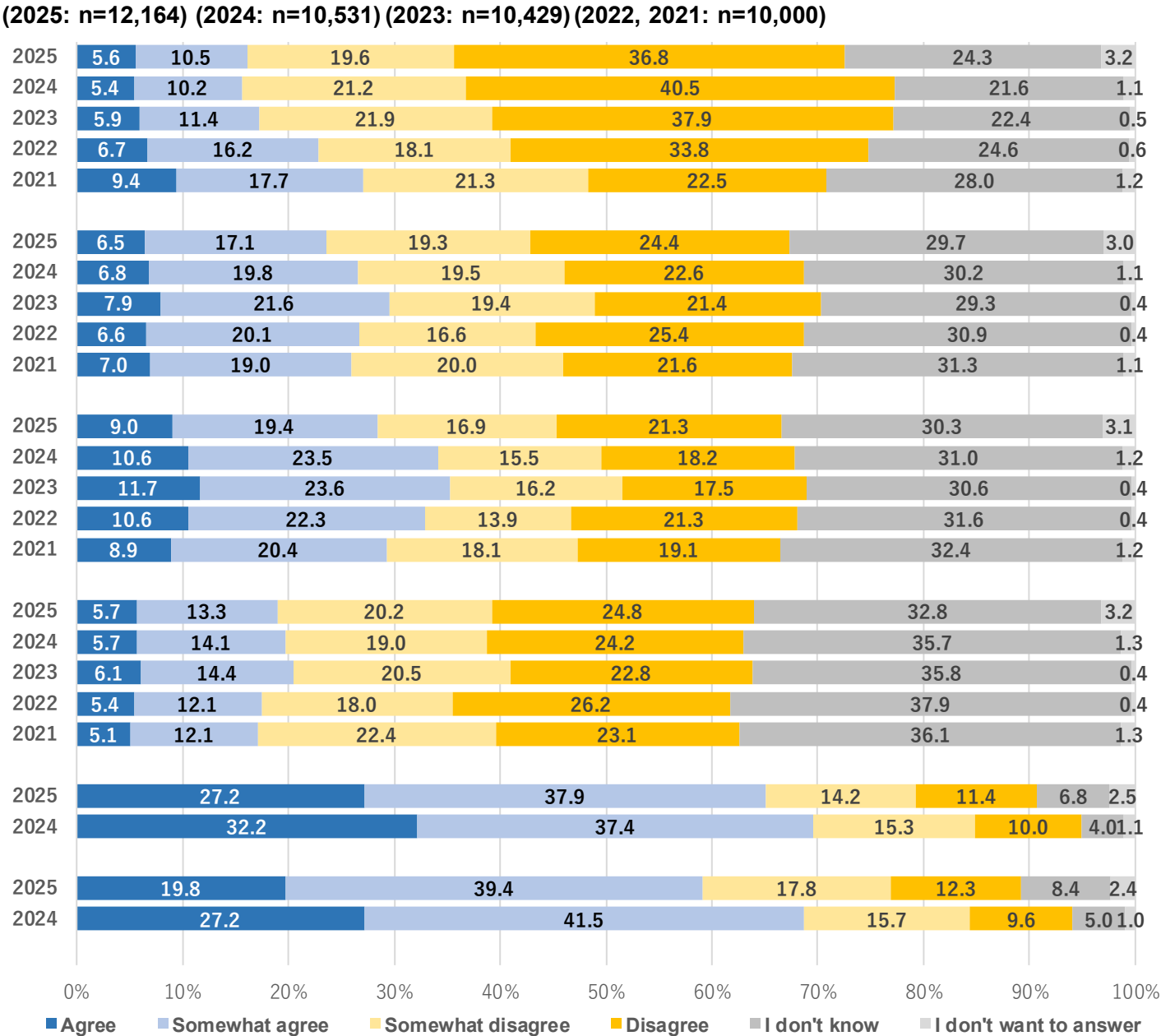
◆ The most common response was “I don’t think it will suddenly start spreading again, but I am worried as I think it will eventually.” was the highest, with **33.4%**.

(To those who answered that they aren’t worried about the status of COVID-19 infection moving forward)  
Choose all that are applicable as reasons why you are not worried from the following (multiple answers available).



◆ Most, **47.4%**, selected “Because I think COVID-19 has become on the same level as Influenza or the common cold”, with **27.0%** selected “Because it has transitioned to Class V under the Infectious Disease Control Law”, **21.8%** selected “Because everything around me has returned to pre-pandemic life” and **19.8%** selected “Because there aren’t many people around me who got infected”.

Choose one from the following that matches how you feel about COVID-19.

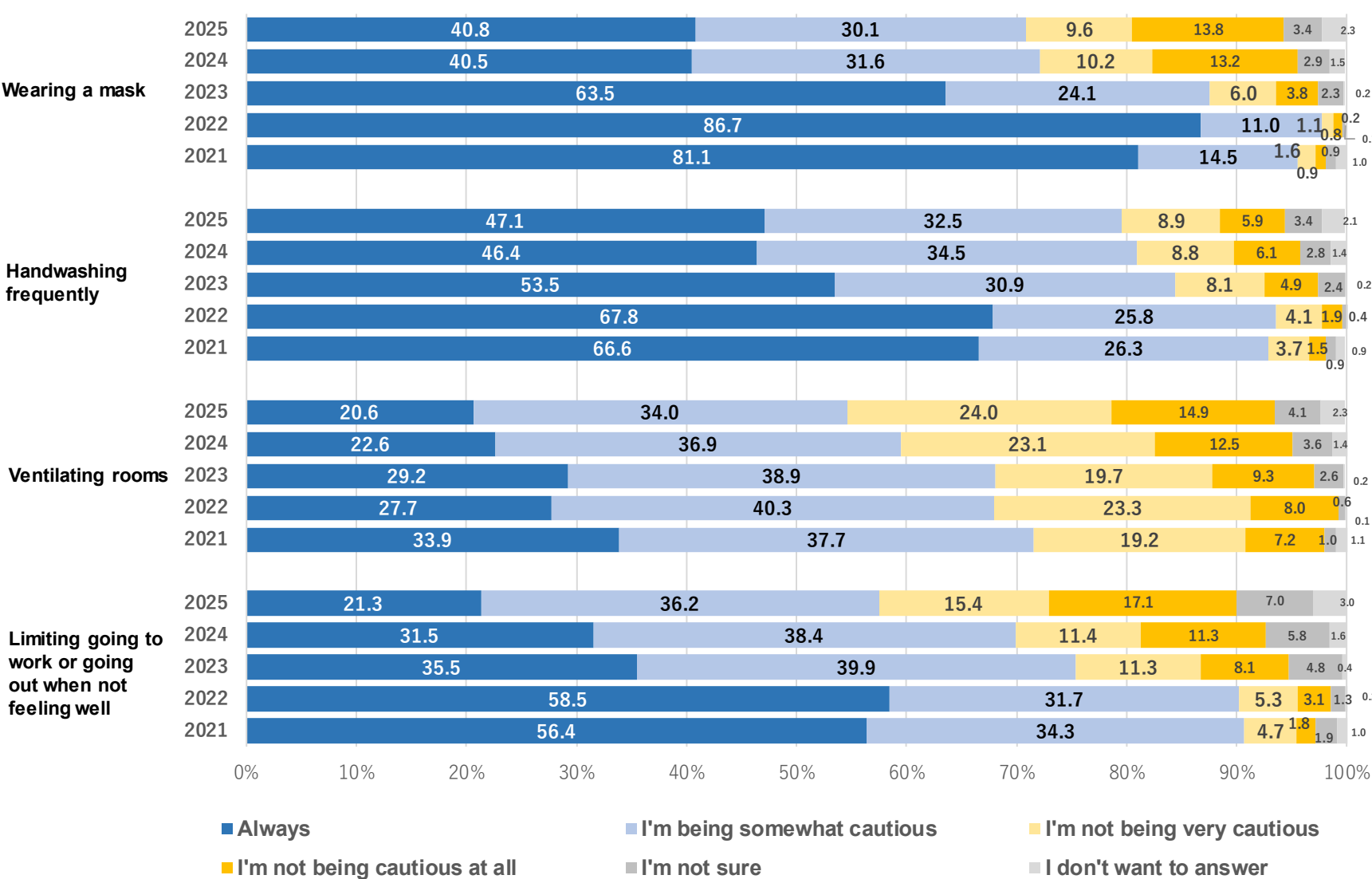


Regarding awareness related to infection or deterioration in oneself, from what we've ascertained in **changes over the years from 2021 to 2025**, we haven't seen the sort of trend that would show a conspicuous drop in awareness.

- ◆ Regarding “I don't think I will be infected with COVID-19”, **approximately 15%** answered “Agree / Somewhat agree”. It shows that the trend has remained steady since the February 2024 survey.
- ◆ Regarding “Even if I get infected, I don't think it will become severe”, “Even if I get infected, I don't think I will die” and “Even if I get infected, I don't think I will experience Long COVID”, it shows a **downward trend** in the percent of those who answered “Agree / Somewhat agree” from the February 2023 survey.
- ◆ Regarding “I think COVID-19 is scary” and “I'm worried that it will spread again”, those who answered “Agree / Somewhat agree” **dropped slightly** from the previous survey.

Choose one from each of the following that is applicable to you with regard to the current response to not just COVID-19 but infectious diseases in general.

(2025: n=12,164) (2024: n=10,531) (2023: n=10,429) (2022, 2021: n=10,000)



From what we've ascertained in changes over the years from 2021 to 2025, while the implementation rate is dropping year after year, over approximately 60% of people are implementing basic infectious disease control measures.

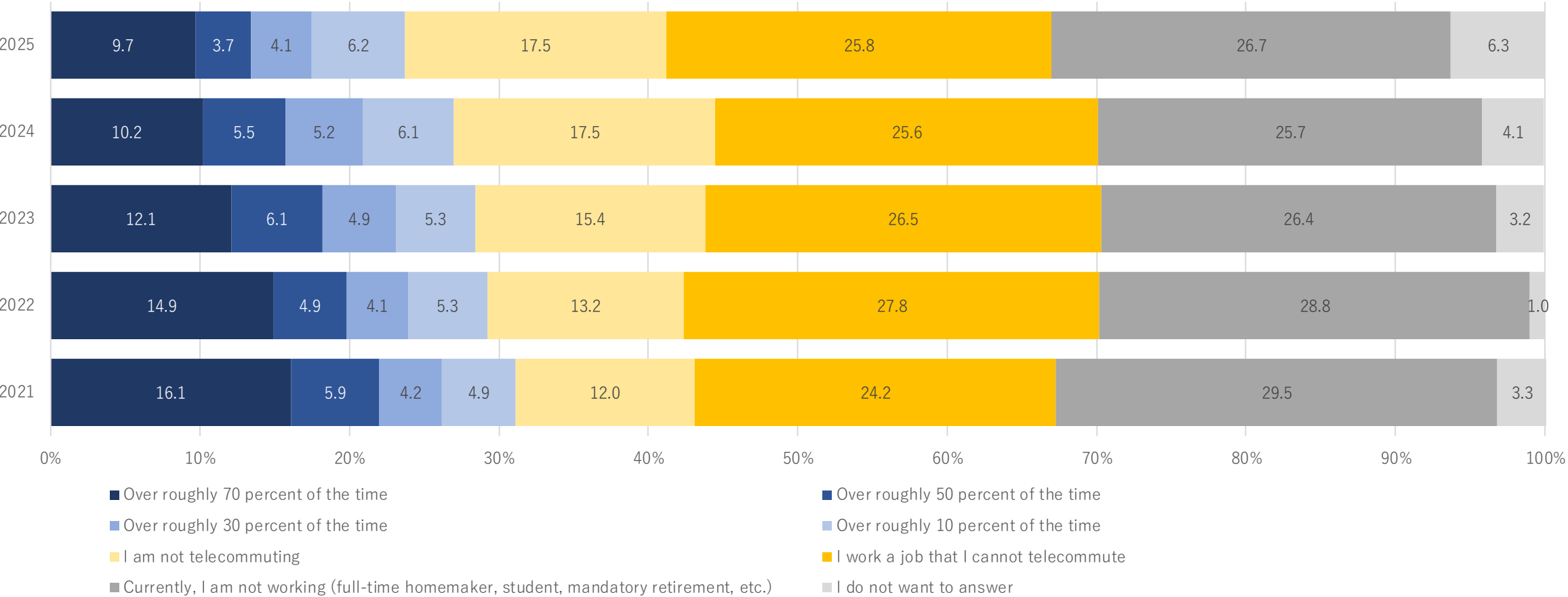
- ◆ Regarding “Wearing a mask”, approximately 70% answered “Always / I’m being somewhat cautious”.
- ◆ Regarding “Handwashing frequently”, approximately 80% answered “Always / I’m being somewhat cautious”.
- ◆ Regarding “Ventilating rooms”, approximately 55% answered “Always / I’m being somewhat cautious”.
- ◆ Regarding “Limiting going to work or going out when not feeling well”, approximately 60% answered “Always / I’m being somewhat cautious”.

\*In the 2021 to 2023 surveys, we narrowed things down to ask about COVID-19 control measures, however, in the 2024 survey, we asked about infectious diseases in general, including COVID-19.  
\*In the 2021 and 2022 surveys, we used “Are you frequently handwashing or using disinfectant solutions?”



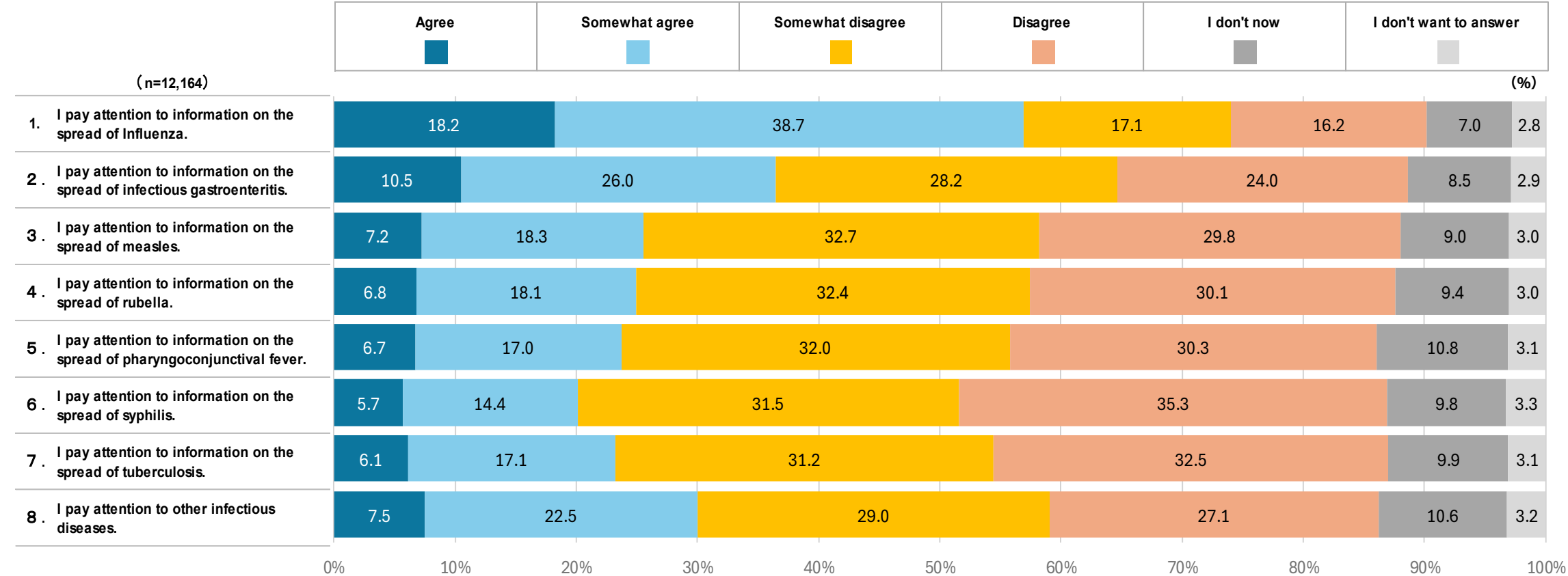
How much have you telecommuted in this last month? Choose one from the following for your answer.

(2025: n=12,164) (2024: n=10,531) (2023: n=10,429) (2022, 2021: n=10,000)



◆ **Approximately 25%** of people are telecommuting, **dropping from last survey result**. (If we remove those who answered “I work a job that I cannot telecommute” and “Currently, I am not working”, the number rises to **approximately 50%**)

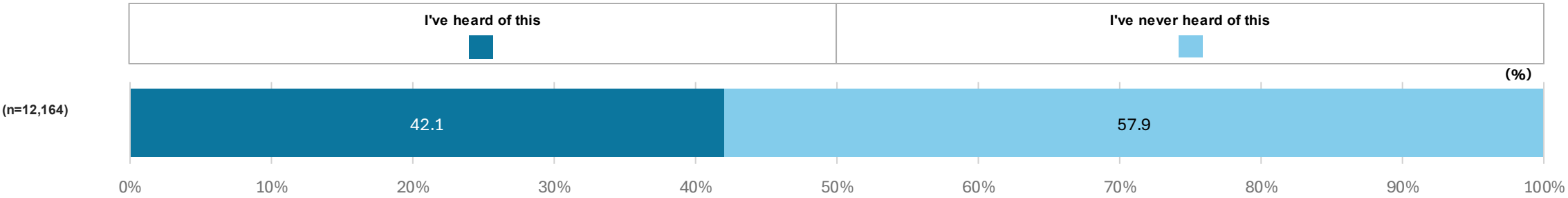
Choose one from the following that matches how you feel about a response to infectious diseases other than COVID -19.



As of **February 2025**, after experiencing the large outbreak of COVID-19, we’ve noticed a certain level of concern with regard to infectious diseases like Influenza.

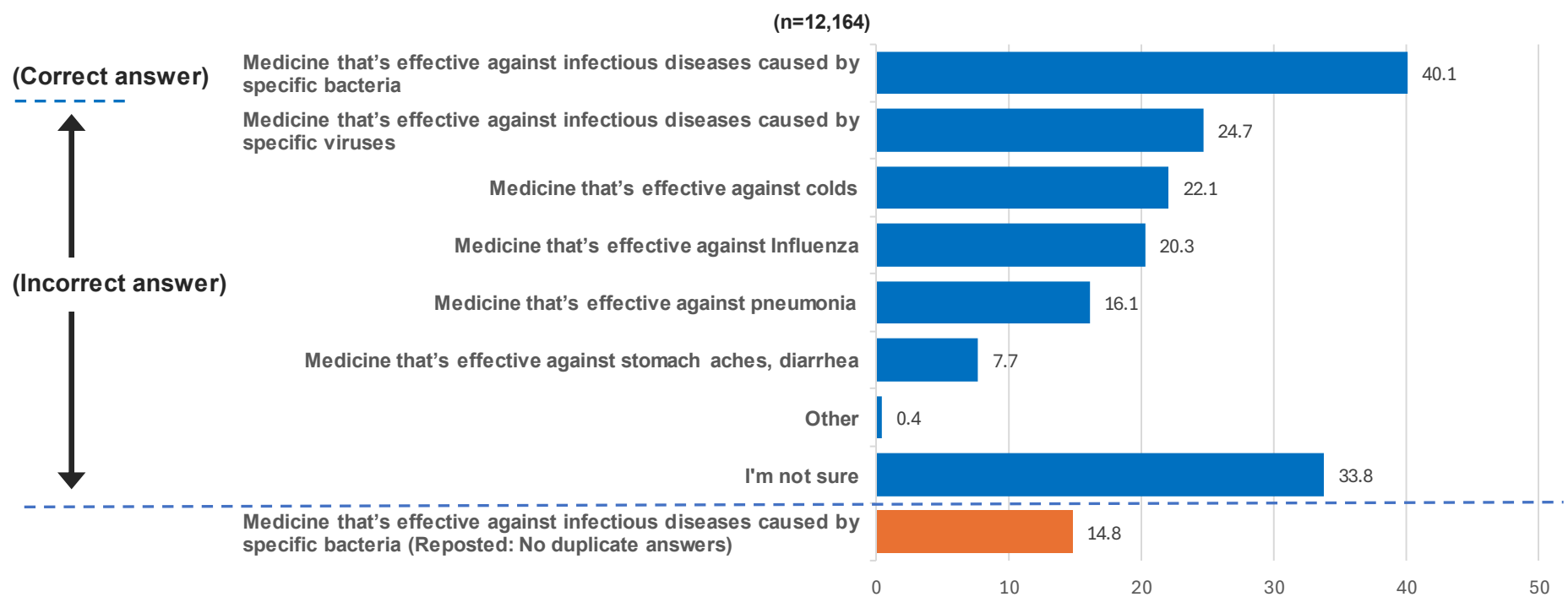
- ◆ **Approximately 60%** of people selected “**I pay attention to information on the spread of Influenza.**”.
- ◆ Regarding infectious diseases other than influenza, **approximately 20 to 35%** of people selected “**I pay attention to infection information.**”.

Have you ever heard the phrase “Antimicrobial Resistance”? Choose one from the following for your answer.



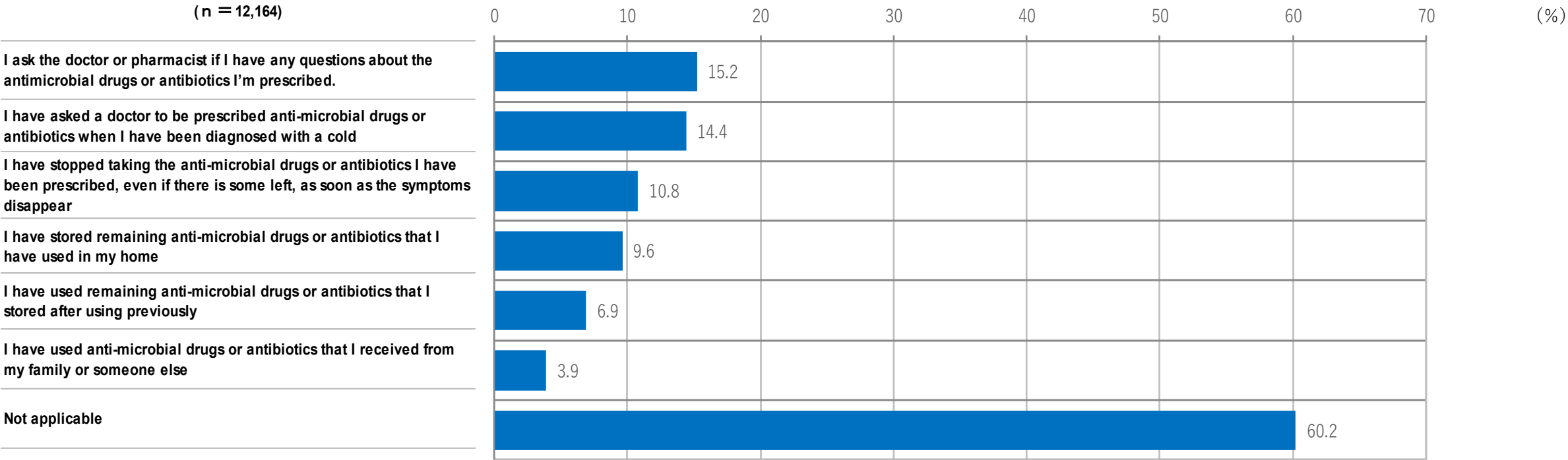
◆ Approximately 40% of people, at 42.1% answered “I’ve heard of this” and nearly 60%, at 57.9%, answered “I’ve never heard of this”.

What kind of medicine do you think anti-microbial drugs and antibiotics are? Choose all that are applicable from the following (multiple answers available).



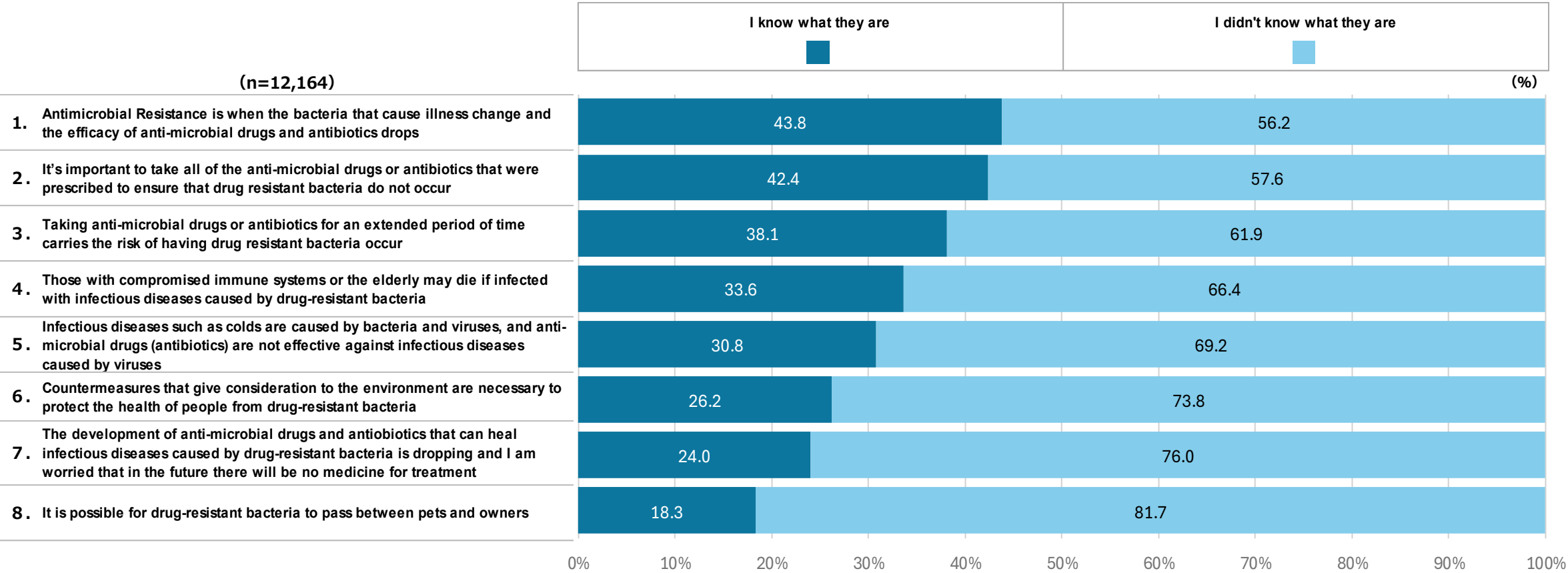
◆ Regarding awareness related to anti-microbial drugs and antibiotics, 40.1% of people select “**Medicine that’s effective against infectious diseases caused by specific bacteria**”. Of the people who made this selection, those without duplicated answers (who understood it properly) was less than 20% at 14.8%.

Do you have any of the following experiences with anti-microbial drugs / antibiotics? Choose all that are applicable from the following (multiple answers available).



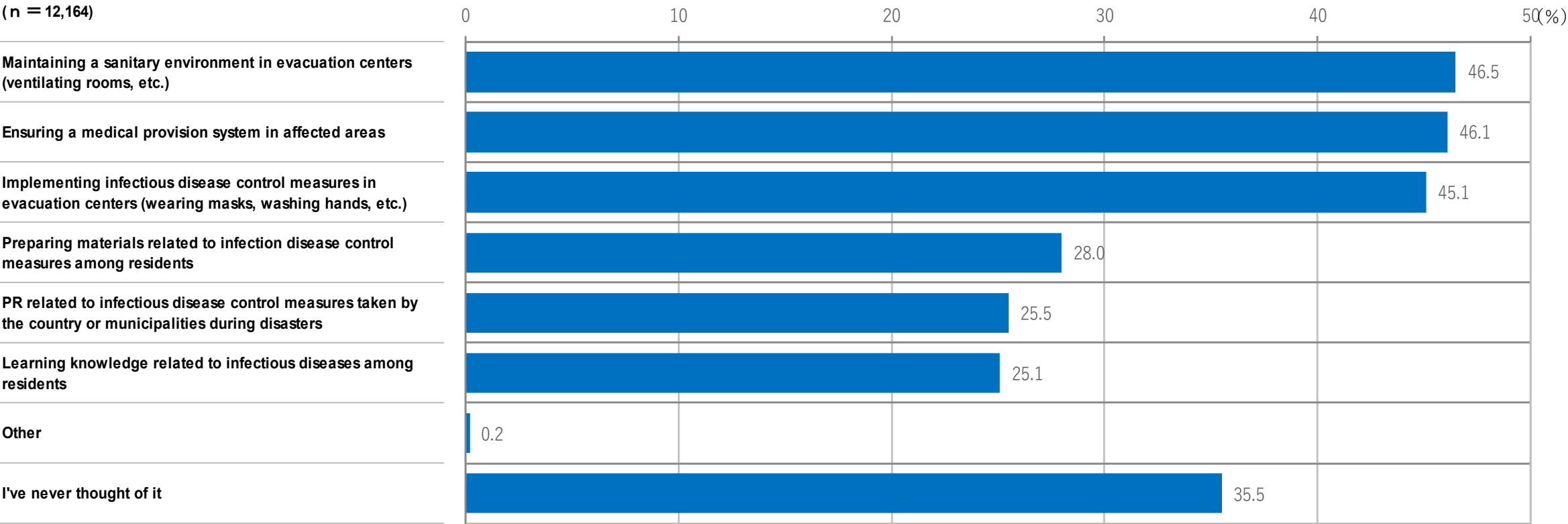
◆ Both “I ask the doctor or pharmacist if I have any questions about the anti-microbial drugs or antibiotics I’m prescribed” and “I have asked a doctor to be prescribed anti-microbial drugs or antibiotics when I have been diagnosed with a cold” were slightly **over 10%**, with people selecting **15.2%** and **14.4%**, respectively. On the other hand, **60.2%** selected “**Not applicable**”.

Choose one applicable answer from each of the following related to Antimicrobial Resistance, anti-microbial drugs and antibiotics.



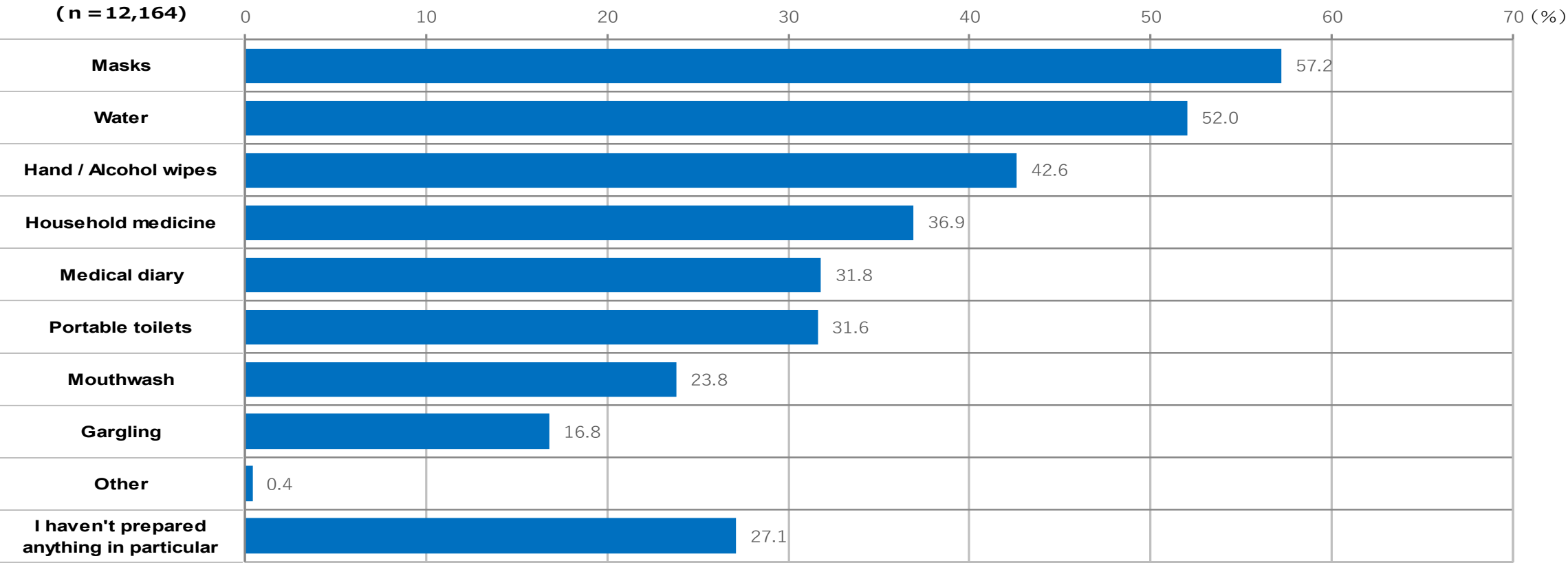
◆ All were roughly 40% for those who selected “I know what they are”, with 43.8% of people selecting “Antimicrobial Resistance is when the bacteria that cause illness change and the efficacy of anti-microbial drugs and antibiotics drops”, 42.4% selected “It’s important to take all of the anti-microbial drugs or antibiotics that were prescribed to ensure that drug resistant bacteria do not occur” and 38.1% selected “Taking anti-microbial drugs or antibiotics for an extended period of time carries the risk of having drug resistant bacteria occur”.

What do you think are important as infectious disease control measures in the event a large-scale disaster such as an earthquake or typhoon occurs? Choose all that are applicable from the following (multiple answers available).



◆ Regarding what they thought was important, **46.5%** of people selected “**Maintaining a sanitary environment in evacuation centers (ventilating rooms, etc.)**”, **46.1%** selected “**Ensuring a medical provision system in affected areas**” and **45.1%** selected “**Implementing infectious disease control measures in evacuation centers (wearing masks, washing hands, etc.)**”. On the other hand, **35.5%** selected “**I’ve never thought of it**”.

What have you prepared as infectious disease control measures in the event a disaster occurs? Choose all that are applicable from the following (multiple answers available).

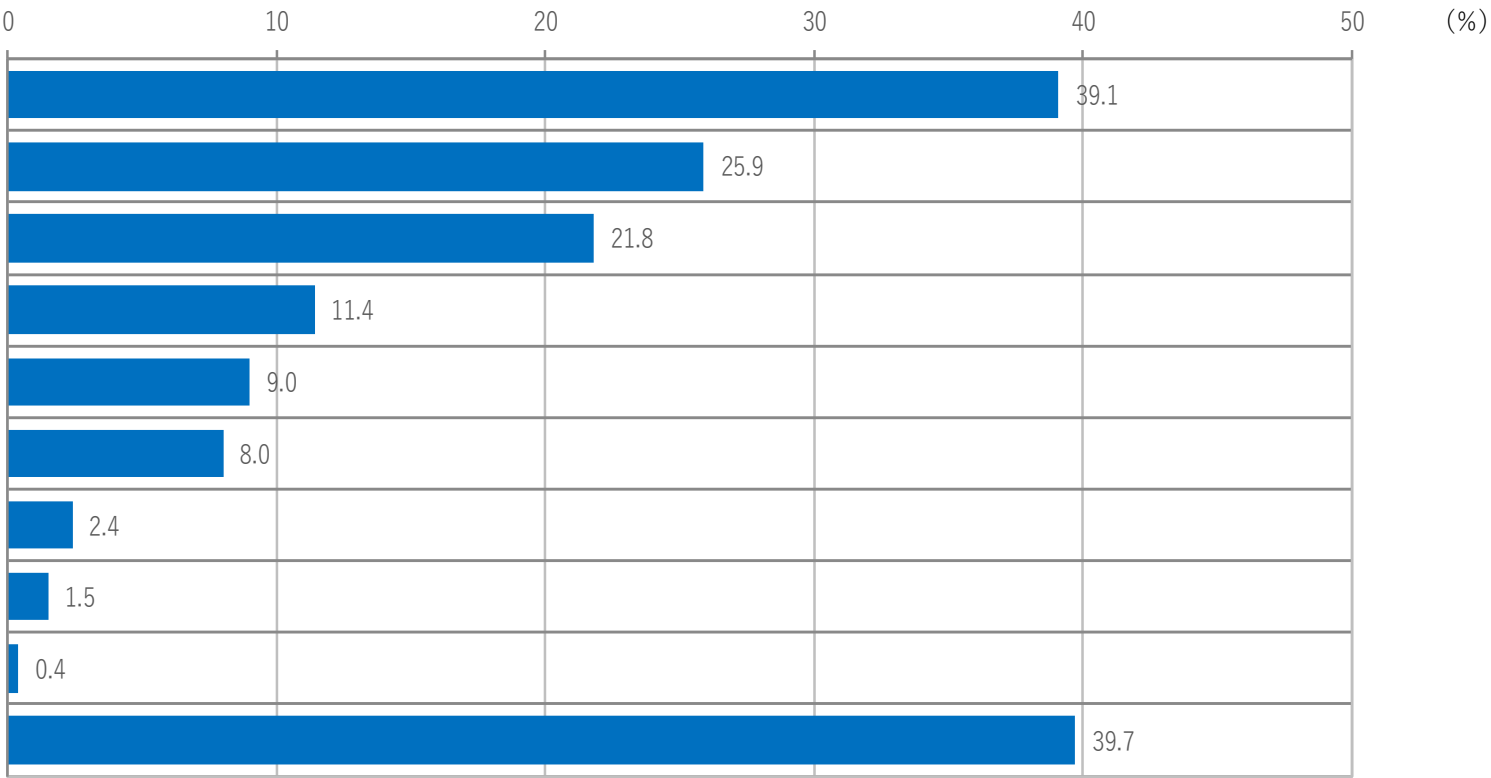


◆ Regarding items being prepared, **57.2%** of people selected “**Masks**”, **52.0%** selected “**Water**”, and **42.6%** selected “**Hand / Alcohol wipes**”. On the other hand, **27.1%** selected “**I haven't prepared anything in particular**”.

Have you had any issues gathering information related to infectious disease, including COVID -19?  
Choose all that are applicable from the following (multiple answers available).

( n = 12,164)

- There are a variety of different opinions and there is a lot of incorrect information, so it's difficult to understand what is correct.
- I'm not sure which information sources I can believe.
- There's a lot of information on the internet and it's difficult to search for the information that I want.
- Websites run by the government aren't well organized, which makes it hard to get to the necessary information
- The details of the information are complex and I can't understand them.
- There's no information on the things I want to know.
- There's not a lot of information with subtitle or text-to-speak functionality, and I can't understand it.
- Most information offered is in Japanese and I can't understand it.
- Other
- I've never had any particular problem.



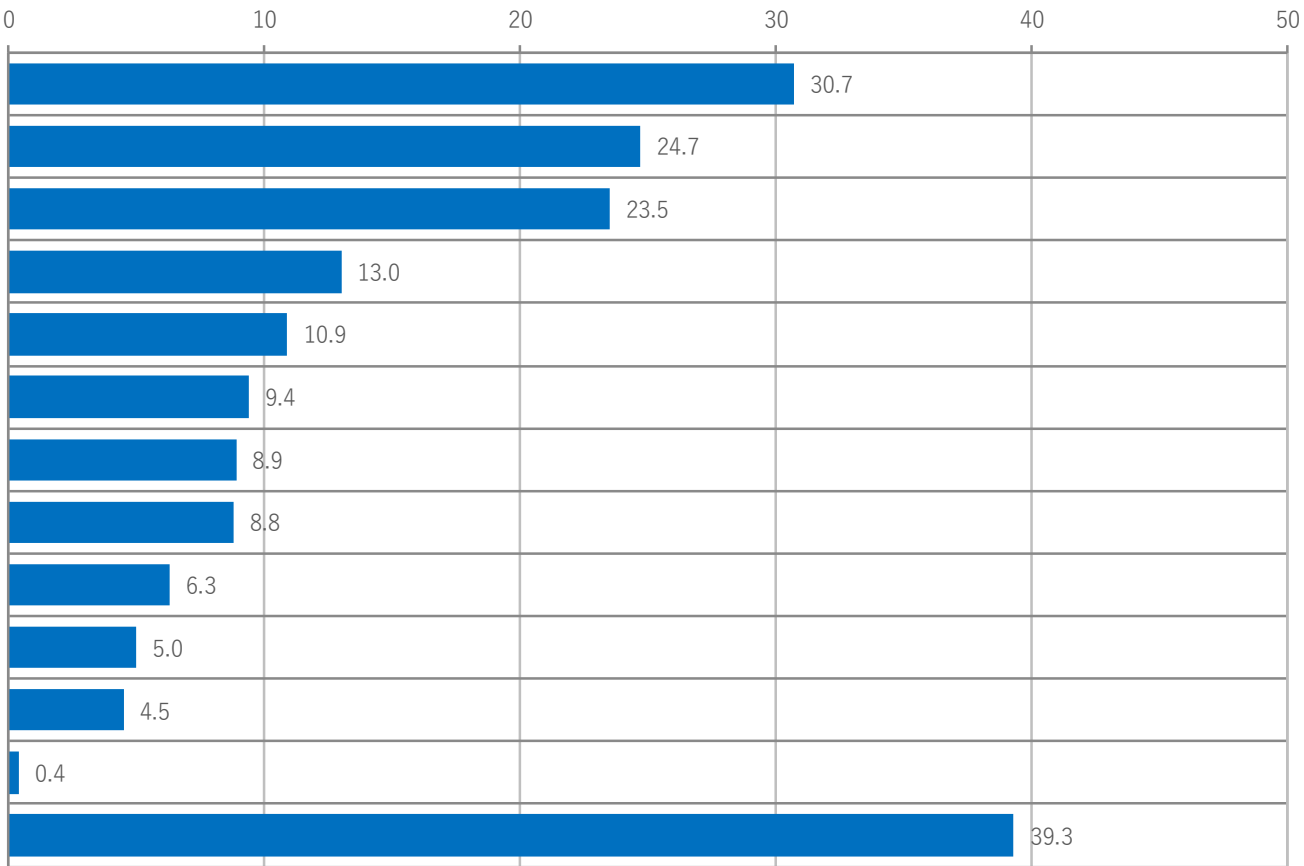
◆ As problems they have faced, **39.1%** people answered “**There are a variety of different opinions and there is a lot of incorrect information, so it’s difficult to understand what is correct.**”, **25.9%** answered “**I’m not sure which information sources I can believe.**” and **21.8%** answered “**There’s a lot of information on the internet and it’s difficult to search for the information that I want.**”. On the other hand, **39.7%** selected “**I’ve never had any particular problem.**”.



When investigating the veracity of information related to COVID-19, in what ways did you verify that veracity?  
Choose all that are applicable from the following (multiple answers available).

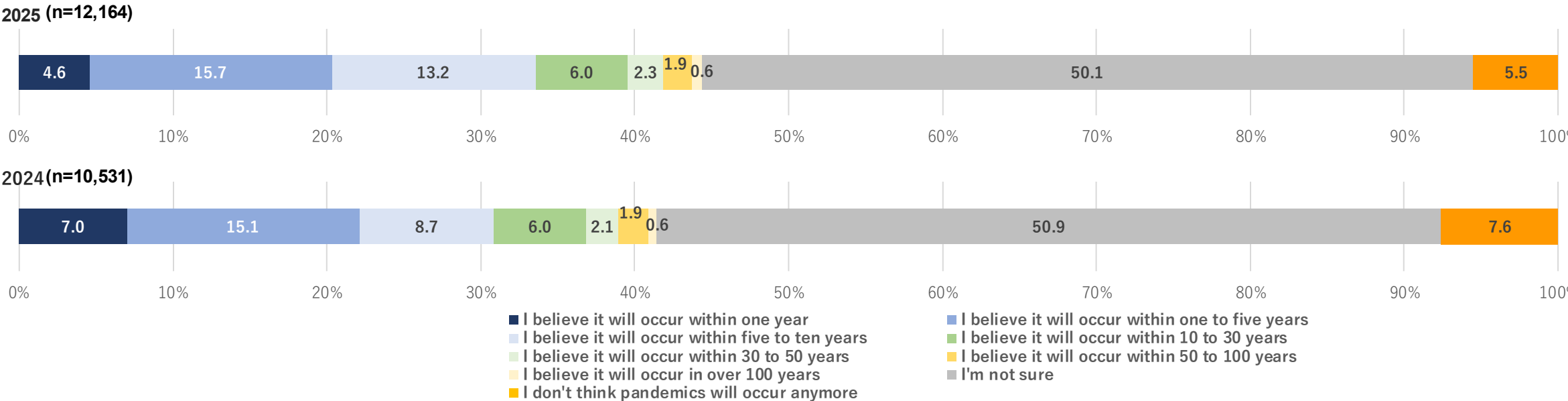
(n = 12,164)

I confirmed it through information from TV
I used internet search services to investigate what sort of other responses and opinions there were with regard to that information
I confirmed it through information from the government (Ministry of Health, Labour and Welfare) or local municipalities
I confirmed it through information from WHO and specialist institutions (universities and laboratories)
I confirmed it through information from newspaper company
I heard from family, acquaintances and coworkers
I searched within SNS to investigate what sort of other responses and opinions there were with regard to that information
I confirmed if the source of the information was trustworthy or not
I confirmed primary sources (if the information was quoted or an excerpt, or if it was a report, I would check how it was written when that information was first posted)
I confirmed the results of fact checks (activities to verify the veracity of information to fight against misinformation)
I checked it in books and newspapers
Other
I haven't bothered to verify the veracity of any information in particular



◆ As ways to verify the veracity of information, **30.7%** of people selected “**I confirmed it through information from TV**”, **24.7%** selected “**I used internet search services to investigate what sort of other responses and opinions there were with regard to that information**” and **23.5%** selected “**I confirmed it through information from the government (Ministry of Health, Labour and Welfare) or local municipalities**”. On the other hand, **39.3%** selected “**I haven’t bothered to verify the veracity of any information in particular**”.

Within how many years in the future do you think it will take for a global pandemic to occur?  
Choose one from the following for your answer.

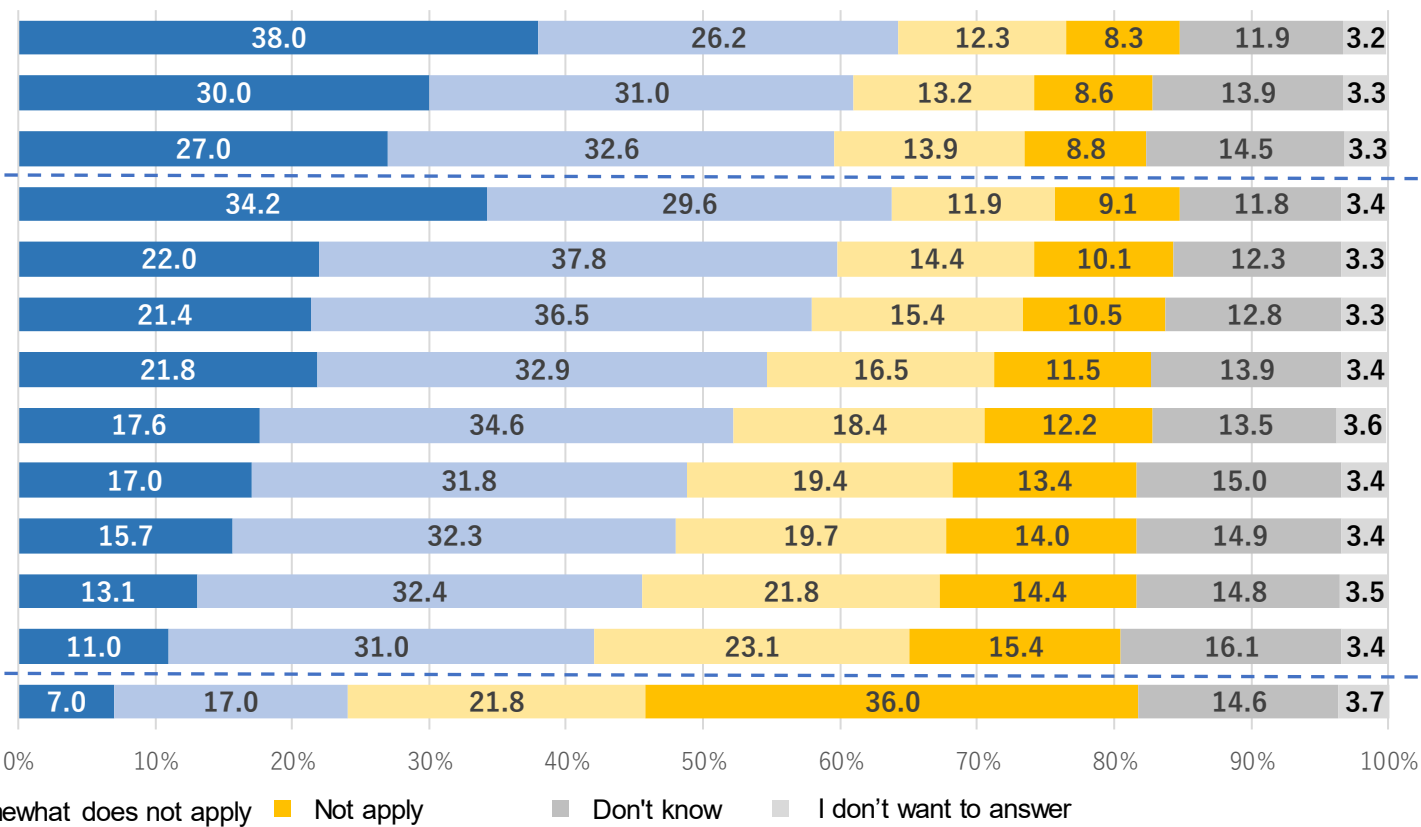


◆ Regarding the future occurrence of pandemics, **approximately 50%** selected “I’m not sure”, with **approximately 45%** selecting “I believe it will occur”.

# Choose one from the following that matches how you feel about a response to future global pandemics when they occur.

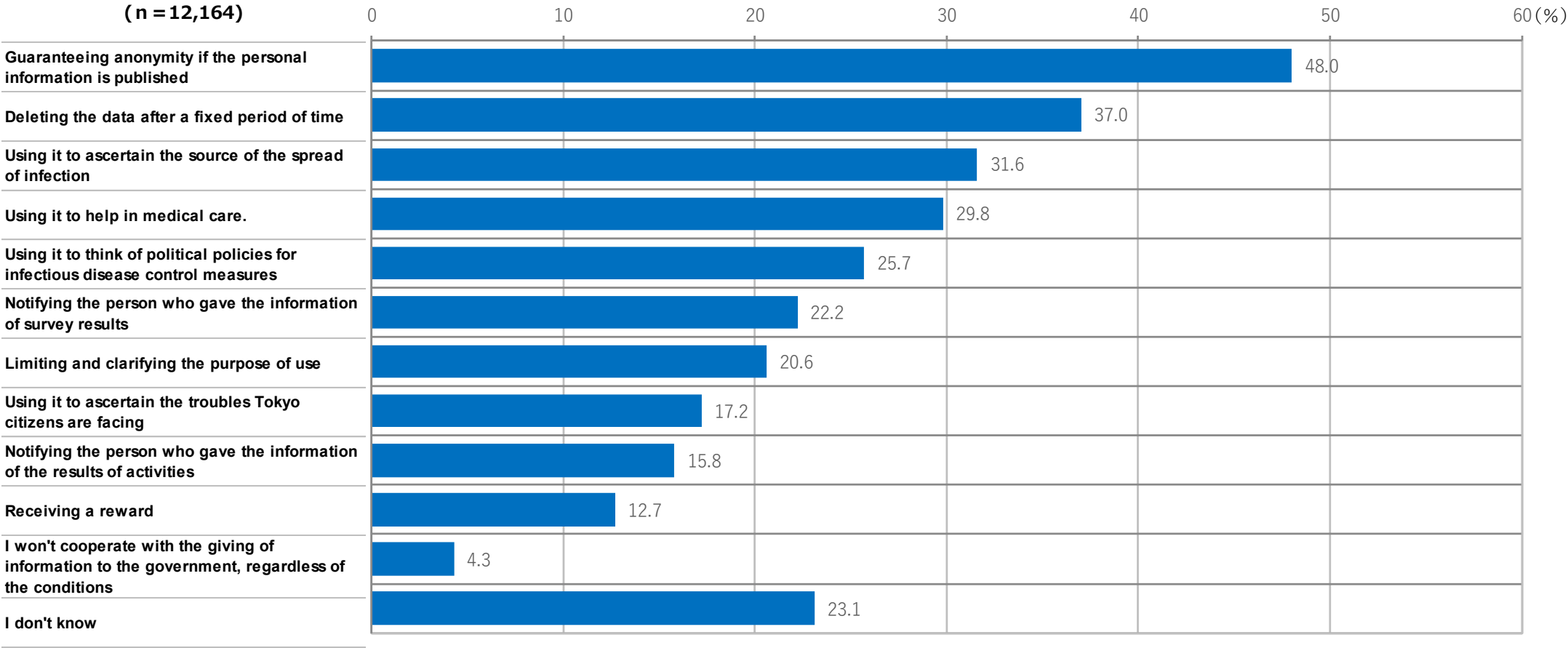
(n=12,164)

- I believe that each person taking infection prevention measures is never in vain.
- By taking infection control measures, you can protect your own life and the lives of those important to you
- By taking infection control measures, you can protect the safety of your town and society.
- 
- If it is to prevent the spread of infection, it is unavoidable to restrict overseas travel and entry.
- If it is to prevent the spread of infection, it is unavoidable to refrain from going out.
- If it is to prevent the spread of infection, it is unavoidable to restrict domestic travel.
- If it is to prevent the spread of infection, it is unavoidable to have restrictions on watching sports.
- If it is to prevent the spread of infection, it is unavoidable that visits to hospitals and facilities are not allowed.
- If it is to prevent the spread of infection, it is unavoidable that cultural and artistic activities are restricted.
- If it is to prevent the spread of infection among the elderly, it is unavoidable that the activities of children and young people are restricted.
- If it is to prevent the spread of infection, it is unavoidable not to be able to meet family or relatives.
- If it is to prevent the spread of infection, it is unavoidable to restrict economic activities.
- 
- It is unavoidable that prejudice and discrimination against infected people and healthcare workers arise in the early stages of a pandemic.



- ◆ For “I believe that each person taking infection prevention measures is never in vain.”, “Applies / Somewhat applies” was proportionately high (64.2%), so there are many people that are aware of the significance and efficacy of the infection control measures they themselves take.
- ◆ For questions related to movement restrictions such as “If it is to prevent the spread of infection, it is unavoidable to restrict overseas travel and entry.”, “If it is to prevent the spread of infection, it is unavoidable to refrain from going out.”, etc., “Applies / Somewhat applies” was proportionately high (63.8% and 59.8%, respectively).
- ◆ For “It is unavoidable that prejudice and discrimination against infected people and healthcare workers arise in the early stages of a pandemic.”, “Somewhat does not apply / Not apply” was the majority opinion (57.8%).

When the pandemic occurred, the government may ask for the personal information for ascertaining the state of infection or for establishing the infectious disease control measures. What sort of conditions would make it possible for you to help?  
Choose all that are applicable from the following (multiple answers available).



◆ As conditions that would allow them to help, **48.0%** of people selected **“Guaranteeing anonymity if the personal information is published”**, **37.0%** selected **“Deleting the data after a fixed period of time”**, **31.6%** selected **“Using it to ascertain the source of the spread of infection”** and **29.8%** selected **“Using it to help in medical care”**.

# <Summary>

- Approximately two years have passed since COVID-19 transitioned to a Class 5 infectious disease, and while the sense of anxiousness towards COVID-19 is abating compared to before that, **over 60% of people are implementing basic infection control measures** such as frequent hand-washing and wearing masks.
- **Awareness related to the word “Antimicrobial Resistance” is at around 40%.** Additionally, **correct knowledge** related to anti-microbial drugs and antibiotics, which can become ineffective on infectious diseases caused by viruses, **is not widely known.**
- Many people said that **“There are a variety of different opinions and there is a lot of incorrect information, so it’s difficult to understand what is correct.”** and **“I’m not sure which information sources I can believe.”**, as problems they have faced in the aggregation of information on infectious diseases, including COVID-19.
- **Roughly half of Tokyo citizens think that some sort of other pandemic will occur again.** Additionally, many Tokyo citizens are aware of the significance and efficacy of infection control measures.
- **TMG should take the initiative in improving the ability of Tokyo citizens and society as a whole to respond to infectious diseases** via things such as awareness raising of fundamental infection control measures and disseminating correct information related to infectious diseases, based on **the knowledge obtained through COVID-19.**