



Having Safer Sex During COVID-19

What you should know if you choose to have consensual sex during the pandemic



Hook-ups and casual sex could increase your risk for COVID-19.



Take care of your own body by delaying sex with someone who may currently be sick or experiencing symptoms of COVID-19 (e.g., fever, cough, shortness breath).



The stress of the pandemic (and of life) can decrease sexual desire and increase nervousness about sex. Listen and trust that only you know what is best for you.



Have digital physically distanced sex using live video chatting, pictures, recorded video, or sexting. Consent applies here, too!



COVID-19 has been found in saliva. Get kinky and wear your masks during foreplay and sex.



Engage in some dirty talk and while you're at it ask about your sex partner(s') latest COVID-19 test ...and STI/HIV status.



Alcohol and other drugs can inhibit the cognitive clarity you need to assess your COVID-19 risk and make choices you'll feel confident about the next day.



COVID-19 has been found in feces. If you engage in anal play or anal sex, use a barrier method, wash yourself and toys before and after.



Reconsider how you think about sex. Experience pleasure through mutual masturbation or masturbating on your own. Wash hands and sex toys with soap and water.



Barrier methods (e.g., condoms and dentals dams) won't protect against COVID-19 but they still protect against STIs/HIV and unintended pregnancy... when used correctly and consistently, everytime you have sex. Safer sex supplies available at Health & Wellness.



Learn More



<https://siecus.org/covid-19-miniseries>

