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 dental 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