

SEX during the **COVID-19** Pandemic

Can you have sex during the COVID-19 pandemic?

Yes! COVID-19 is not a sexually transmitted infection, however, it can be spread through kissing and close contact, including sexual contact.



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There is still a lot to learn about COVID-19 and sex. We do know that the virus can spread through direct contact with saliva or mucus and other coronaviruses are not efficiently transmitted through sex.



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You are your safest sex partner. The next safest partner is someone you live with. You should avoid close contact, including sexual contact, with anyone outside the household.



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If you or your partner may have COVID-19 or are not feeling well, avoid sex, especially kissing.



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**Avoiding close contact
(including sexual contact) with
people outside your
household will help prevent
the transmission of COVID-19.**



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OPH recommends avoiding close physical contact with people outside your household, but if you are going to meet up for any encounters, try to limit the number of partners to reduce exposure to COVID-19, and pick partners you trust.



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If you usually meet your partners online, consider taking a break from in-person dates. Video dates, text, chat rooms, or apps may be options for you. Make sure to wash your hands with soap and disinfect keyboards and touch screens on a regular basis.



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If you decide to have sex with someone who doesn't live with you, you should take precautions to reduce the risk of getting COVID-19 by discussing COVID-19 risk factors, just as you would discuss PrEP, condoms, and other safer sex topics. Ask if they have had COVID-19 symptoms or a recent test, avoid kissing, and bring hand sanitizer.



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If you decide to have sex with someone who doesn't live with you, you should take precautions to reduce the risk of spreading COVID-19. Monitor yourself for symptoms, consider getting a test, wear a mask when in public, and wash your hands frequently to minimize risk to others.



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Sex is not a likely a common way that COVID-19 spreads but barriers, such as condoms and dental dams can reduce, not eliminate, the risk of transmission of COVID-19 and help protect you and your partner from others infections spread through sex.



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