

## Sex During the COVID-19 Public Health Emergency

### **What we know:**

You get COVID-19 from droplets when a person coughs or sneezes. You also get it from saliva and mucus. You can get it from touching a surface that was recently touched by a person with COVID-19.

### **Tips for Safe Sex:**

You are your safest sex partner; masturbation is always safe sex.

Wash your hands or any sex toys with soap and water for at least 20 seconds before and after.

If you live with a partner, check-in first and make sure you are both feeling well before sex.

### **Be Careful:**

Kissing can pass COVID-19. Consider not kissing anyone you do not know or who you are not sure has been isolated for 14 days.

Rimming, or any sexual activity that involves putting the mouth on the butt/anus, might pass COVID-19. The virus has been found in feces.

Condoms and dental dams may reduce contact with saliva or feces during oral or anal sex.

Only have sex or kiss if both partners are feeling well. Do not engage in sexual activity with anyone experiencing the symptoms of COVID-19 (fever, cough, shortness of breath). Sex and close contact will be waiting for you when you are feeling better.

### **Seek Care If You Are Sick:**

If you or your partner are experiencing the symptoms of COVID-19, call your health care provider.

### **Stay Informed:**

Learn more about condoms, Pre-Exposure Prophylaxis, Undetectable equals Undetectable, and other sexual health at [sexualbeing.org](https://sexualbeing.org) for everyone or [Sexisd.org](https://Sexisd.org) for young people.

Learn more about COVID-19 at [coronavirus.dc.gov](https://coronavirus.dc.gov).