

# Sex & COVID-19

*A guide for safer sex*

But can I have sex?  
**YES!**

*Here's how to have safer sex to  
avoid spreading COVID-19*

## Know how Coronavirus Spreads

When a person who has the virus sneezes, they can transmit the virus to those within 6' of them.

The viruses can spread through direct contact with saliva or mucus.

So far, COVID-19 has been found in the feces of infected people, *but not in semen or vaginal fluid.*

Other Corona viruses *do not* transmit efficiently through sex.

## Have sex only with people close to you

*You are your own safest partner.*  
Masturbation will not spread COVID-19.

*The next safest partner is someone you live with or who is a close friend.* If you have sex, limiting your sexual partners to those closest to you limits potential transmission.

*If you usually meet your sex partners online or make a living through sex,* consider taking a break from in-person dates. Video dates and chat rooms may be good options for you.

## Take care during sex

*Kissing can easily pass COVID-19.* Avoid kissing anyone who is not in your close circle of contacts.

*Rimming (mouth on anus) might spread COVID-19.*

*Condoms can help to decrease contact with saliva or feces,* especially during oral and anal sex.

*Wash hands* and sex toys with soap and warm water for at least 20 seconds *before and after* sex.

*Disinfect any keyboards or touch screens that you share with others.*

## Skip sex if you or your partner are not feeling well

*If you or a partner may have COVID-19,* avoid sex and especially kissing.

*If you start to feel unwell,* you may be about to develop COVID-19 symptoms.

*If you or your partner has a medical condition that can lead to more severe COVID-19,* you may want to skip sex.

## Prevent HIV, STIs and unwanted pregnancy

**HIV:** Condoms and pre-exposure prophylaxis (PrEP) all help to prevent HIV.

**Other STIs:** Condoms help prevent other STIs

**Pregnancy:** Be sure that you have an effective form of birth control for the coming weeks.

*Adapted from* Sex and Coronavirus Disease 2019 (COVID-19), NYC Health, 19 March 2020

*This is a general guide, for updated information specific to your needs please consult your local health agency or medical doctor.*

**Gregory D Kilpatrick, LMFT, MSMFT**  
**gregorydkilpatrick.com**

(LMFT #123790)