

WHAT DOES COVID-19 MEAN FOR MY SEX LIFE?

SEXPLORE AT HOME WITH CONFIDENCE

COVID-19 is not an STI, however it can be passed through close personal contact, such as sexual activity. Use these tips to take care of your sexual health during COVID-19.

YOU ARE YOUR SAFEST SEX PARTNER

- Masturbation can be a pleasurable way to relieve stress, as well as get in touch with your own sexuality and sexual wellness.
- Masturbation is low risk for COVID-19, especially if you remember to wash your hands and your sex toys.



THE NEXT SAFEST PARTNER TO YOU IS SOMEONE YOU LIVE WITH

- The COVID-19 pandemic is very stressful. Now more than ever, open and respectful communication about sexuality is needed.
- If you are having sex with a household partner, talk to them about their current needs and boundaries and ensure consent.



COMMUNICATE CLEARLY WITH NON-HOUSEHOLD PARTNERS

- Having one, or a few, regular sex partner(s) can help lower the chances of being exposed to COVID-19.
- Make sure that you talk with your partner(s) about each of your own personal circumstances (e.g., who are you in close personal contact with? are you experiencing symptoms?) and make sure that all partners communicate their boundaries and consent.



IN-PERSON DATES MAY HAVE TO WAIT

Consider virtual alternatives for sex with non-household partners including:

- sexting
- video conferencing via social platforms
- phone sex

These options provide opportunities to build intimacy or enhance sexual communication with partners without increasing your chance of getting or passing COVID-19.



A CONDOM IS LIKE A MASK FOR YOUR



Don't forget about sexual and reproductive health! It's important to practice safer sex, and continue to use barriers (like condoms!) to prevent getting or passing sexually transmitted infections or experiencing an unwanted pregnancy.



GET YOUR CONDOMS NOW

Now it's easier than ever to purchase condoms online. So, if you're looking for convenience or an alternative to on-campus or in-store options, we've got you 'covered' [here](#).

LEARN MORE

Looking to learn more about sexual health guidelines during COVID-19? Click [here](#).

