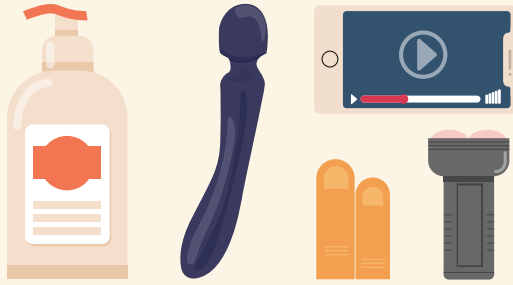


# SEX in the time of COVID-19

Practice these tips for sexual health to keep you safe during COVID-19.

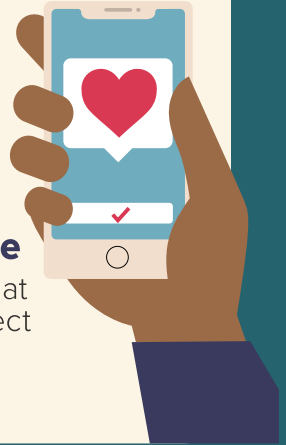


## You are your safest sex partner

Masturbate, use toys. Take this time to find out what makes you feel good.

## Get off while maintaining your distance

The phone, sexting and web chat platforms can be ways to connect socially and sexually without exchanging fluids.

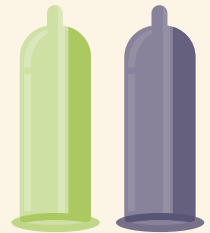


## Selective kissing

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

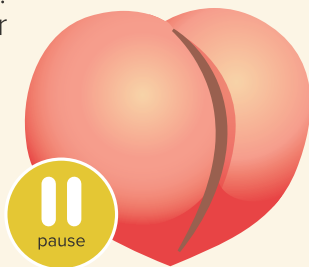
## Use condoms

If possible, avoid new encounters to have sex. If you get together with someone, choose someone you already know to prevent exposing yourself to new people who may have the coronavirus.



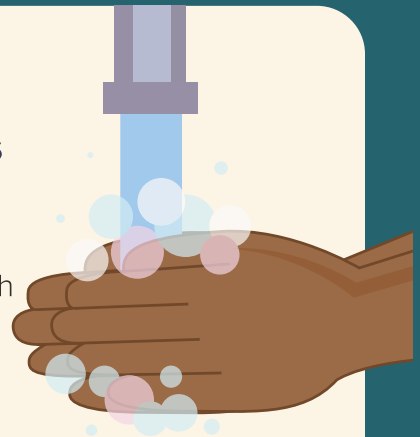
## Press pause

Rimming (mouth on anus) might spread COVID-19. Virus in feces may enter your mouth.



## Wash your hands

Washing up before and after sex is more important than ever. Wash hands often with soap and water for at least 20 seconds.



These tips are intended for consenting sexually-active adults.