

SEX DURING COVID-19: THINGS TO THINK ABOUT

Young adults represent a growing proportion of the population that is getting infected and sick with COVID-19. Many young people with COVID-19 have no symptoms but they can pass it to other people who may get sick.

Here some tips for navigating sex and relationships during COVID-19.

MASTURBATION

Masturbation is low risk for COVID 19. It's also fun and pleasurable. It allows you to explore your own sexuality and test out what you like. Make sure to wash your hands and sex toys (with soap and water) for 20 seconds before and after!

DATING & PLAYING ONLINE

- Online dates and sexual interactions can be a great alternative to in-person sexual activities, without the risk of getting or passing COVID-19.
- Sexting, video dates and phone sex are a few things you can try.
- Just remember privacy levels on the platforms you use and talk to your partners(s) about boundaries.

DATING & PLAYING IN PERSON

- Public health guidelines suggest limiting close personal contact to people in your household or to those within a small “social bubble”. Limiting the number of people, you have close personal contact with (including dates and sexual partners) can lower your risk of getting or passing COVID-19.
- If you're considering dating or playing in person with someone new, talk to your partner(s) about each other's personal circumstances (e.g., do you live with someone who has a higher chance of getting sick from COVID-19?)
- A few things to consider before dating someone new:
 - Whether or not you are comfortable adding a new partner to your social bubble.
 - How large each of your social bubbles already are and whether you each want to be in the same social bubble.
 - How to communicate boundaries with a partner(s): Does each person understand and agree to the boundaries? Consent is always key!
 - Having one or a few regular dating or sex partners.
 - How your partner is feeling: Are they interested in sex? Are they (or you) experiencing COVID-19 symptoms?
 - Having physically distant or outdoor dates while wearing masks.
 - Online intimate and sexual interactions as alternatives.

SEXUAL & REPRODUCTIVE HEALTH

- Practicing safer sex (e.g., using condoms with lube, dental dams) is as important as ever to reduce the risk of getting or passing a sexually transmitted infection (STI) or experiencing an unwanted pregnancy.
- Access to sexual and reproductive health services (e.g., STI testing and treatment) may be limited during the pandemic. Talk to your healthcare provider about your options.