

SEX SAFETY & COVID-19

Please note: As per current Health Canada and BC Ministry of Health guidelines, all non-symptomatic Canadian and BC residents have been directed to stay home and minimize contact with others during this time through the practice of social distancing. Symptomatic people are to quarantine and call 8-1-1.

Info sourced March 22, 2020 from bccddc.ca; checkhimout.ca; www.nyc.gov

HOW IS COVID-19 SPREAD?



COVID-19 is transmitted via larger liquid droplets when an person who is infected with the virus coughs or sneezes. Through these droplets the virus can then enter through your eyes, nose or throat if you are in close contact. It can also be spread through touch if a person has used their hands to cover their mouth or nose when they cough or sneeze.

CAN COVID-19 BE SPREAD THROUGH SEX?

To Date:

- COVID-19 Virus has NOT been found in semen or vaginal fluids.
- COVID- 19 Virus HAS BEEN found in the feces of infected people meaning that any contact with the rectum (penetrative anal, rimming, fisting, plugs,) brings a HIGH risk of virus transmission.
- Sexual activity often involves kissing and touching a partner's face which bring a HIGH risk of virus transmission.

SELF PLEASURE IS SAFE PLEASURE.

SOLO SEX AKA MASTURBATION IS YOUR SAFEST OPTION



- Wash your hands with soap and warm water for at least 20 secs BEFORE and AFTER masturbation in addition to your regular hand washing regime.
- If you are using pleasure products/toys/aids; ensure you also clean them with the appropriate cleaners BEFORE and AFTER each use. Cover with condoms if possible in addition to cleaning.

IF YOU CHOOSE TO HAVE PARTNERED SEX:

LIMIT YOUR SEXUAL EXPERIENCES TO HEALTHY PEOPLE YOU LIVE WITH.

- This is not a great time to share an in-person sexual experience with casual or new partners. Try virtual meetups.
- Avoid contact with mouths and faces during sex. Do not kiss.
- Choose a position that doesn't require face to face interaction
- Wash hands and faces with soap and warm water for at least 20 secs BEFORE and AFTER SEX.

DON'T FORGET SEX SAFETY AND HEALTH:

MAINTAIN YOUR REGULAR SEXUAL WELLNESS PRACTICES

- Ensure you have enough safer sex/birth control supplies available
- Use barrier methods (condom/dams/gloves), lube, and contraception (if applicable) consistently and correctly.
- Maintain regular testing as needed and follow up any new symptoms
- Communicate with honesty, kindness and empathy.



RESOURCES

BC COVID - 19 SPECIFIC:
Non-medical phone line:
1-888-268-4319
BC Nurses Line (medical):
8-1-1
bccdc.ca

SEXUAL HEALTH SPECIFIC:
Island Sexual Health (appts)
250-592-3479
islandsexualhealth.org
smartsexresource.com
checkhimout.ca