

SEX & COVID-19

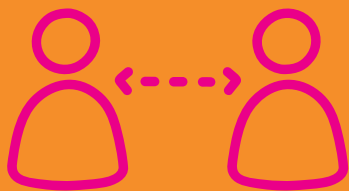


Can the
coronavirus
be transmitted
through sex?



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- Coronavirus is transmitted from one person to another through close physical contact (less than 6 feet or 2 m).



- Coughing and sneezing or direct contact with saliva or mucus (e.g., kissing, making out) can transmit coronavirus.



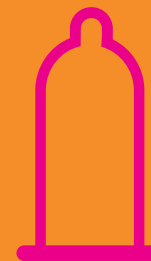
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- Coronavirus has been found in feces of people who are infected. Rimming someone (licking their anus) may carry a risk for transmitting coronavirus.



- Coronavirus has not yet been found in semen or vaginal fluid, but HIV and other STIs can still be transmitted that way. If the distribution of condoms is disrupted, go to the local pharmacy or to other locations where they are sold at reasonable prices.



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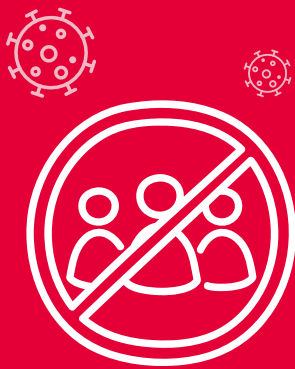
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**Can I still
enjoy sex
and avoid
the coronavirus?**



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- As much as possible, avoid close contact — including sex — with anyone outside your household. If you do have sex with others, limit your sex partners—avoiding those with COVID-19 symptoms as much as possible—and avoid group sex.



- If you usually meet your sex partners online or have sex for money, consider taking a break from in-person dates. Video dates, sexting, or chat rooms may be options for you.



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- You are your safest sex partner. Masturbation will not spread coronavirus. Be sure to wash your hands (and any sex toys) with soap and water for at least 20 seconds before and after you masturbate.
- The next safest partner is someone you live with. Having close contact — including sex — with only a small circle of people helps prevent the spread of the coronavirus.



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How can I
reduce my
risk of
coronavirus
infection when
having sex?

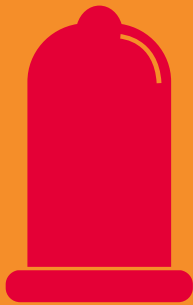


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- Kissing can easily pass COVID-19. Avoid kissing anyone who is not part of your small circle of close contacts, ideally only people in your household.



- Avoid rimming (licking someone's anus) since the coronavirus can enter your mouth.

- Condoms can reduce your contact with saliva or feces during oral or anal sex.



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- Washing up before and after sex is more important than ever.

- Wash your hands with soap and water for at least 20 seconds before and after sex.



- Wash sex toys with soap and warm water.

- Disinfect keyboards and touch screens that you share with others (for video chat, for watching pornography, or for anything else).



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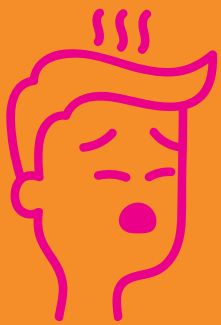


**When
should I
avoid sex
altogether?**

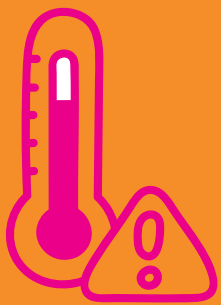


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- If you or a partner may have COVID-19, you should avoid sex, and especially kissing.



- If you start to feel unwell or develop symptoms of COVID-19, which include fever, cough, sore throat, and shortness of breath.



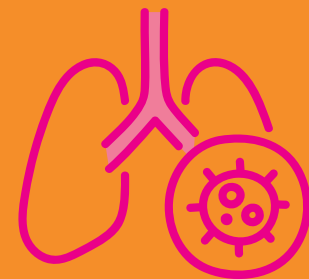
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- If you or your partner has a medical condition that can lead to more severe COVID-19, you may also want to skip sex.



- o Medical conditions include lung disease, heart disease, diabetes, cancer, or a weakened immune system (for example, having unsuppressed HIV and a low CD4 count).



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