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**
Condoms and dental dams can reduce contact with saliva or feces, especially during oral or anal sex.

**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.

*an Oregon Health Authority and community initiative*
Learn more about HIV testing at EndHIVOregon.org

These tips modified from New York City Health Department’s tips located at [https://www1.nyc.gov/assets/doh/downloads/pdf/mm/covid-sex-guidance.pdf](https://www1.nyc.gov/assets/doh/downloads/pdf/mm/covid-sex-guidance.pdf)