



SEX AND COVID-19:

Partners Within Your Home

What are the different levels of risk for spreading the COVID-19 virus with partners within your home, and how can you lower your potential risk of spreading or acquiring the virus?

For preventing the spread of the COVID-19 virus, the safest sex partners are those who already live with you and are at low risk of infection. Questions to ask yourself include:



Is it safe to have sex with my spouse/partner? We don't have any other partners and live in the same house.

If you and your partner are healthy and feeling well, and taking all necessary precautions, sex is likely to be safe.



My partner and I both tested positive for COVID-19. Are we immune, and is it safe to have sex?

It is likely safe for you and your partner to have sex as long as you continue to follow preventive safety guidelines to protect yourself and others.



My spouse/partner has a high-contact job, where they cannot practice social distancing. Is it safe to have sex?

Partners with high-contact jobs, such as medical providers, grocery store clerks, or factory workers, may choose to self-quarantine from others in the household and/or implement extra measures when arriving home.



I think I had COVID-19 based on my symptoms but did not get tested. Is it safe for my household partner and I to have sex?

If you think you had the COVID-19 virus based on your symptoms ([CDC link](#)), you may wish to confirm a previous infection through antibody testing.

A positive antibody test for the COVID-19 virus may indicate prior exposure, but it does not mean you are immune from reinfection. This means you and your partner are likely safe to have sex as long as you continue to follow preventive safety guidelines to protect yourself and others, and you meet CDC criteria for no longer being infectious ([CDC link](#)).

If you test negative for COVID-19 antibodies, you probably did not have a previous infection, or could have been very recently infected. If you feel unwell, or even start to feel unwell, avoid kissing, sex, or any close contact with others.



If unsure of a partner's exposure to COVID-19 virus, there are additional measures you can take for safer sex to lower your potential risk:

- Avoid kissing
- Wear a face mask or cloth face covering, that covers your nose and mouth, and ask your partner to do the same
- Use condoms and/or dental dams to reduce your contact with saliva, semen and feces during vaginal, anal, and oral sex



Click here for more detailed information about sex and COVID-19.

SEX AND COVID-19: PARTNERS WITHIN YOUR HOME



I tested positive for COVID-19 but am now recovered. When can I have sex with my household partner?

Before engaging in sexual activity, make sure the following has happened:

- ✓ you have not had a fever for three full days without the use of medicine that reduces fevers **and**
- ✓ other symptoms have improved (for example, when your cough or shortness of breath have improved) **and**
- ✓ 10 days have passed after symptoms first started ([CDC link](#)).

After these three things have all happened, you can be considered “recovered” and safe to have sex with your partner.



I am an older adult and/or have underlying health conditions. What should I do about sex right now?

If you are older (65 +), and/or have underlying health condition(s), that puts you at risk for severe illness from the COVID-19 virus ([CDC link](#)). Follow all preventative guidelines, including staying home and away from other people as much as possible ([CDC link](#)).

Discuss with sex partners the importance of staying at least 6 feet away from others outside the household, washing hands often, and wearing a face mask or cloth face coverings in public settings.

Talk about COVID-19 risk factors, just as you would discuss PrEP, condoms, and other safer sex topics. Ask partners about COVID-19 before engaging in sexual activity.



TELL YOUR SEX PARTNER(S) IF YOU TEST POSITIVE FOR COVID-19 OR IF YOU HAVE SYMPTOMS OF COVID-19

If you test positive for the COVID-19 virus or think that you have the COVID-19 virus but cannot get tested, contact any sex partners and tell them that they need to:



stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times, and



self-monitor for symptoms, including fever, cough and shortness of breath and check temperature twice a day ([CDC link](#))

Your partners should also avoid contact with people at higher risk for severe illness and follow CDC guidance if symptoms develop ([CDC link](#)).



Prevent HIV and other sexually transmitted infections (STIs):

HIV: Using condoms, taking pre-exposure prophylaxis (PrEP) and having an undetectable viral load all help prevent HIV. [Click here for more information.](#)

Other STIs: Using condoms help prevent other STIs. [Click here for more information.](#)

[Click here for more detailed information about sex and COVID-19.](#)