Have Sex With People Close to You

You are your safest sex partner. Masturbation will not spread COVID-19, especially if you wash your hands (and any sex toys) with soap and water for at least 20 seconds before and after sex.

The next safest partner is someone you live with. Having close contact (including sex) with only a small circle of people helps prevent spreading COVID-19.

Have as few partners as possible if you do go outside of your household.

Talk about COVID-19 risk factors, just as you would discuss condoms, PrEP, and other safer sex topics. Ask them about COVID-19 before you hook up:
- Have they had symptoms in past 14 days?
- Have they been tested for COVID-19?

If two is company, then three (or more) is definitely a crowd.

Close contact with multiple people should be avoided.

Reduce your risk if you decide to hookup:
- Go with a consistent sex partner
- Pick larger, well-ventilated spaces
- Use alcohol-based hand sanitizer
- Do not touch your eyes, nose, or mouth with unwashed hands
- Monitor yourself for symptoms
- Avoid kissing & Wear a face covering
- Consider getting a COVID-19 test more frequently

If you usually meet your sex partners online, on apps, consider taking a break from in-person dating & try:
- Video dates or Sexting
- Sexy “Zoom parties”
- Chat rooms
- Porn/Fan sites

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