



Take Care During Sex



Health Promotion
MICHIGAN STATE UNIVERSITY



If you're not feeling well, skip sex and stay in.



Avoid kissing anyone who is not part of your small circle of close contacts.



Disinfect keyboards, touch screens, & sex toys that you share with others.

MASK-URBATE! Use face coverings during mutual masturbation to reduce your risk

Rimming (mouth on anus) might spread the virus. Virus in feces may enter your mouth and could lead to infection. Make sure you use a dental dam or non-porous plastic.



Be creative with physical barriers & sexual positions that prevents close face-to-face contact while allowing sexual contact.

Use **Condoms and dental dams** to reduce contact with saliva, semen, or feces during oral or anal sex.



Wash up before and after sex using soap & water for at least 20 seconds (including sex toys).

Your mask or face covering should cover your nose & mouth during sex, especially if you or your partner don't know if you have COVID-19