

## Sex and Coronavirus Disease 2019 (COVID-19)

All Bailiwick Residents should stay home and minimise contact with others to reduce the spread of COVID-19.

### But can you have sex?

Here are some tips for how to enjoy sex and to avoid spreading COVID-19.

#### 1. Know how COVID-19 spreads.

- **You can get COVID-19 from a person who has it.**
  - o The virus can spread to people who are within about 6 feet of a person with COVID-19 when that person coughs or sneezes.
  - o The virus can spread through direct contact with their saliva or mucus.
- **We still have a lot to learn about COVID-19 and sex.**
  - o COVID-19 has been found in faeces of people who are infected with the virus. o COVID-19 has not yet been found in semen or vaginal fluid.
  - o We know that other coronaviruses do not efficiently transmit through sex.

#### 2. 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 sex only with consenting partners.
- **You should avoid close contact — including sex — with anyone outside your household.** If you do have sex with others, have as few partners as possible.
- **If you usually meet your sex partners online or make a living by having sex,** consider taking a break from in-person dates. Video dates, sexting or chat rooms may be options for you.

#### 3. Take care during sex.

- **Kissing can easily pass COVID-19.** Avoid kissing anyone who is not part of your small circle of close contacts.
- **Rimming (mouth on anus) might spread COVID-19.** Virus in faeces may enter your mouth.
- Condoms and dental dams can reduce contact with saliva or faeces, especially during oral or anal sex.
- **Washing up before and after sex is more important than ever.**
  - o Wash hands often with soap and water for at least 20 seconds.
  - o Wash sex toys with soap and warm water.
  - o Disinfect keyboards and touch screens that you share with others (for video chat, for watching pornography or for anything else).

#### 4. Skip sex if you or your partner is not feeling well.

- **If you or a partner may have COVID-19,** avoid sex and especially kissing.
- **If you start to feel unwell,** you may be about to develop symptoms of COVID-19, which include fever, cough, sore throat or shortness of breath.
- **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).

**5. Prevent HIV, other sexually transmitted infections (STIs) and unplanned pregnancy.**

- **HIV:** Condoms, pre-exposure prophylaxis (PrEP) and having an undetectable viral load all help prevent HIV. For more information contact the Orchard Centre 707707 or FaceBook.
- **Other STIs:** Condoms help prevent other STIs. Visit [www.choices.gg](http://www.choices.gg) and search STIs.
- **Pregnancy:** Make sure you have an effective form of birth control for the coming weeks. Visit [www.choices.gg](http://www.choices.gg) for more information about contraception.

For the latest coronavirus information, visit [www.gov.gg/coronavirus](http://www.gov.gg/coronavirus)

This document has been adapted from the New York City Health advice issued 27.3.2020  
Please note that advice may change as the situation evolves.