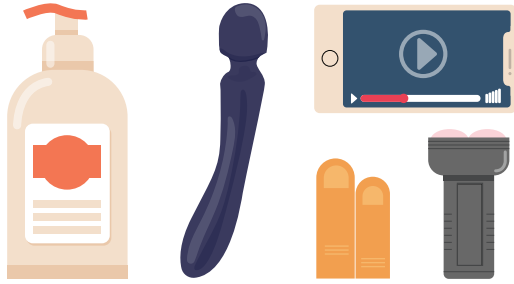


SEX in the time of COVID-19

Practice these tips for sexual health to keep you safe during COVID-19.

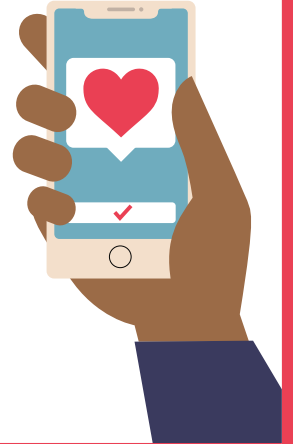


You are your safest sex partner

Masturbate, use toys. Take this time to find out what makes you feel good.

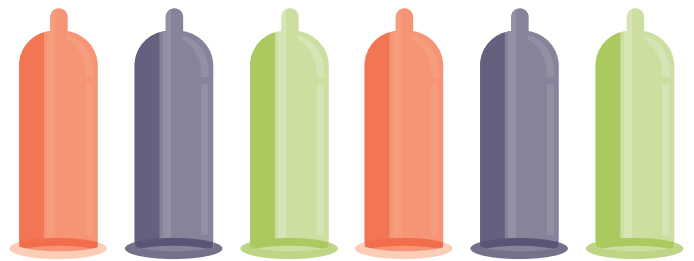
Get off while maintaining your distance

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.

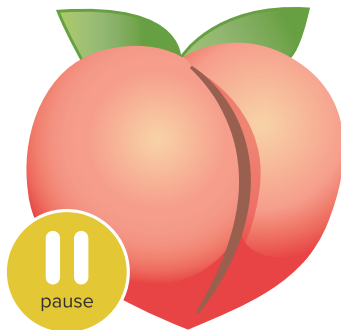


Use condoms

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](https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-sex-guidance.pdf)

These tips are intended for consenting sexually-active adults.

These tips modified from New York City Health Department's tips located at <https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-sex-guidance.pdf>