Safer Sex during COVID-19

Consensual sex can be a way of dealing with anxiety or fulfilling and expressing our needs for intimacy. It can also be pleasurable and help pass the time when isolated indoors. But is it safe to have sex during COVID-19? **Sexual contact with new partners or persons who are not in the same household is not recommended at this time.**

Can I get COVID-19 from having sex?
Safer sexual practices may prevent unintended pregnancy and STIs, but it will not prevent infection from COVID-19. Coronavirus can spread through close physical contact.

Reduce the spread of COVID-19 and still enjoy sex
- Your safest sex partner during the COVID-19 pandemic is yourself.
- Consensual sexting, virtual sex, video dating, or chat rooms.
- Have a consensual partner that you are living with in the same household.
- If you usually meet sex partners online, are polyamorous with people who are not living in the same house, or make a living having sex, consider video dates, sexting or chat rooms instead of meeting people in person.

Protect Yourself When Having Sex
- Wash your hands before and after having sex, whether alone or with a partner.
- Use condoms or a glove or condom cut open to reduce contact during oral or anal sex.
- Use condoms to protect from sexually transmitted infections.
- Clean sex toys and consider covering them with a condom. Do not share sex toys with others.
- Avoid kissing and having sex with a partner, if feeling unwell, or if you have COVID-19.
- Avoid having sex if one partner has a health condition that can lead to more severe illness from COVID-19.

Prevent Unplanned Pregnancy
Continue to use your regular birth control methods to avoid unintended pregnancy. Several Sexual Health Clinics in Toronto can assist with prescriptions for birth control. Contact the clinic before visiting, as service hours may have changed.

If you are unable to access your usual birth control methods, consider condoms and lubricant, and, as needed, emergency contraceptive pills, which are available at stores without a prescription.

Abortion clinics remain open in Toronto, but pre-procedure counselling may need to be done over the telephone before the appointment. Many clinics are not allowing support people to come to appointments during this time. For abortion services visit: [choiceconnect.ca](http://choiceconnect.ca).

More information
Visit our website at [toronto.ca/COVID19](http://toronto.ca/COVID19) or call us at 416-338-7600 for more information.