COVID-19 CAN be spread through direct contact with an infected person's saliva or mucus. Stay apart from people you are not living with!

COVID-19 is spread to people within 6 feet when an infected person coughs or sneezes.

Source: New York City Department of Public Health
Sex in the Time of COVID-19: Get The Facts!

COVID-19 has been found in feces of people who are infected with the virus. The risk of transmission of COVID-19 from the feces of an infected person is unknown.

Scientists have found COVID-19 in semen (cum), but they don’t know yet if it can spread from one person to another through semen.

There’s no evidence so far that the virus is in vaginal fluids.

Sources: New York City Department of Public Health and American Sexual Health Association
The safest partner you can have is YOURSELF.

Masturbation will not spread COVID-19, especially if you wash your hands and sex toys before and after.

Source: New York City Department of Public Health
Only have sex with partners you live with.

The best way to prevent the spread of COVID-19 is to limit the amount of people you are in close contact with, including sexual partners.

Source: New York City Department of Public Health
Wash up before and after sex!

Now more than ever, it's extremely important you wash your hands for at least 20 seconds.

Make sure you disinfect any screens or keyboards you share with others (for video chat or anything else).

If you're using a sex toy, wash it with soap and warm water.

Source: New York City Department of Public Health
If you or your partner feel sick, refrain from sex.

Especially avoid kissing! It is very easy for the virus to spread this way.

If you're feeling unwell, it may be COVID-19, especially if you or your partner show symptoms like shortness of breath, dry coughing, or a fever.

Source: New York City Department of Public Health
Avoid sex or close contact if you or your partner have underlying health conditions.

Some conditions, such as asthma, heart or lung disease, or HIV and other immunocompromised conditions may cause more severe COVID-19 symptoms.

Avoid contact with anyone if you or someone you are living with take immunosuppressant medications.

Sources: New York City Department of Public Health and Centers for Disease Control & Prevention
Practice safer sex to prevent HIV, STIs, and pregnancy.

If you choose to have sex, use protective barriers like condoms and dental dams to protect yourself and your partner from contracting STIs or becoming pregnant.

Talk with your doctor and make sure you have access to reliable birth control.

Source: New York City Department of Public Health