

Sex and COVID-19

Temporary Recommendations for Men Who Have Sex with Men (MSM)

In addition to your current HIV/STI prevention activities, such as using condoms, taking HIV pre-exposure prophylaxis (PrEP), having an undetectable HIV viral load, and getting tested and treated for STIs regularly, COVID-19 prevention should be included into your safer sex plans and activities.

Key Messages

- Stay home as much as possible and minimize contact with others
- If you have symptoms, or had contact with someone that has COVID-19, [get tested](#) and isolate
- If you or your partners have symptoms, take a pause from having sex for 10 days after symptoms started
- Take precautions interacting with people at risk for severe COVID-19 illness (people over 65yrs, or those with serious medical conditions)
- Have as few sex partners as possible
- Consider the safety of those you live with, coworkers, elderly parents, and the public

Safest Sex

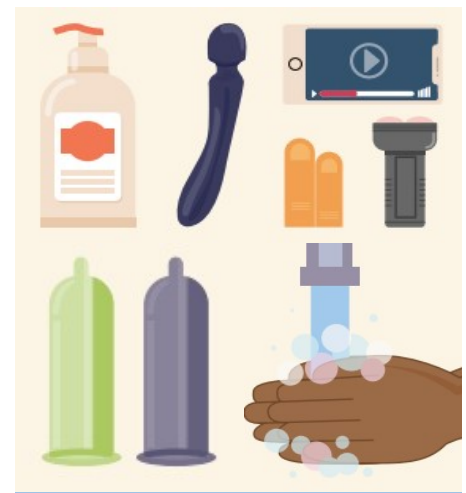
- Solo sex (masturbation)
- Virtual sex (phone chat, sexting, web chat, video dates)
- Wash (hands, body, sex toys, keyboards, touchscreens, etc.) before and after sex
- Select partners you live with, and only have sex with them

Safer Sex

- Limit sexual contact with people you don't live with
- Select a small group of people (0-4) and only have sex with each other
- Discuss COVID-19 risk, symptoms, testing, and prevention before having sex
- Use condoms or dental dams to reduce contact with saliva, semen, or feces
- Wash (hands, body, sex toys, keyboards, touchscreens, etc.) before and after sex
- If you are hooking up, check for symptoms, get tested, wash up, wear a mask, and take precautions with those most at risk for severe illness
- Use physical barriers, like walls, that will allow sexual contact but prevent face to face contact.
- Get partners' contact info in case you need to get in touch about COVID-19

Avoid

- Kissing & exchange of saliva
- Rimming (mouth to anus)
- Using saliva as lubricant
- Close contact without a mask
- Close contact with multiple people at parties, gatherings, and public/private sex environments
- Having sex if you or your partners have symptoms.



COVID-19 Facts

- You can get COVID-19 from someone who may, or may not, have symptoms.
- It spreads when respiratory droplets from coughing, sneezing, or breathing, gets into your mouth, nose, or eyes.
- Staying 6 feet away from others, and wearing a mask over your nose and mouth, can help to prevent the spread.
- It also spreads through direct contact with saliva or mucus, and has been found in many other body fluids, including semen, and in feces (poop).

Symptoms include:

- fever/chills
- cough
- sore throat
- difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- congestion or runny nose
- nausea or vomiting
- diarrhea

[Get tested](#) for COVID-19 if you have symptoms.

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