

COVID-19 + SEX

Sex is a normal (and fun) part of life! During this extended public health emergency, people will have sex. So – here’s a guide to help you think about the ways you can lower your risk for COVID-19 during sex.

REAL TALK:

Engaging in sexual activity with someone outside of your

"Quaranteam" or housing community increases your risk for transmission of COVID-19.

Remember – all close contact with an infected person can expose you to COVID-19, whether you're having sex or not. Even asymptomatic people can spread COVID-19.

CONSENT IS (ALWAYS) KEY:

Establish and give consent first. Talk to your partner(s) about sex and how you're feeling about COVID-19.

Discuss risk factors, just as you would discuss PrEP, condoms, and other safer sex topics. Are you or your partner(s) nervous or hesitant? If so, refer to this guide and, if there's still hesitation, it may be best to wait (nerves don't make for great sex).

THE FACTS:

COVID-19 spreads through particles in the saliva, mucus and breath of someone who has it (even if they don't have symptoms).

THE UNKNOWNs:

We still do not know if COVID-19 is spread through vaginal or anal sex. The virus has been found in semen and feces (poop). However, all close contact with an infected person less than 6 feet apart can expose you to the virus and increase your risk for COVID-19.

SYMPTOMS:

- Fever/Chills
- Cough/Shortness of breath/Difficulty breathing
- Fatigue
- Muscle/Body aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion/Runny nose
- Nausea /Vomiting
- Diarrhea

COVID-19 + SEX

WHO:

- YOU are your safest sex partner. Masturbation will not spread COVID-19 - so go for it!
- The next safest partner is someone you live with. You should limit sex with people outside your household.
- If you usually meet partners online or make a living by having sex, consider taking a break from in-person dates. Think video dates, sexting, subscription-based fan platforms, sexy Zoom calls, etc.
- If you decide to have sex outside of your circle of contacts or a hook up:
 - Closely monitor yourself for symptoms.
 - Consider getting a swab or saliva test for COVID-19 on a more frequent basis (COVID-19 testing is available at the Student Health Center.)
 - Be vigilant with face coverings and healthy hand hygiene to minimize risk to others.

WHAT:

- Kissing can easily pass the virus. Avoid kissing anyone who is not part of your small circle of close contacts.
- Rimming (mouth on anus) might spread the virus. Virus in feces may enter your mouth and could lead to infection.
- Wear a face covering or mask. Maybe it's your thing, maybe it's not, but during COVID-19 wearing a face covering is a good way to add a layer of protection during sex.
- Heavy breathing can spread the virus further, and if you or your partner have COVID-19 and don't know it, a mask can help stop that spread.
- Make it a little kinky! Be creative with sexual positions and physical barriers that allow sexual contact while preventing face to face contact.
- Masturbate together. Use physical distance and face coverings to reduce risk.
- Condoms and dental dams can reduce contact with saliva, semen or feces during oral or anal sex.
- Washing up before and after sex is more important than ever.
 - Wash hands with soap and water for at least 20 seconds.
 - Wash sex toys with soap and warm water.

COVID-19 + PARTYING

Partying is a normal (and fun) part of life! During this extended public health emergency, people will gather. So - here's a guide to help you think about the ways you can lower your risk for COVID-19 if you decide to.

REAL TALK:

The more people you interact with at a gathering and the longer that interaction lasts, the higher the risk of contracting and spreading COVID-19. Partying with substances may increase risk for transmission. Even asymptomatic people can spread COVID-19.

HOW DO SUBSTANCES AFFECT MY RISK?

- Substances (including alcohol!) alter your judgement, decision-making and behavior.
- Getting intoxicated may cause you to ignore social distancing, mask and hygiene guidelines. (AKA - The Hugger, The Loud Talker, etc).
 - If this happens, find your friend a cozy chair 6 ft. away and remind them that, even when they're drinking, COVID-19 still exists!
 - If you are that friend, try not to take it personally, this is about safety, not judgement.

ONLINE PARTYING?!

To prevent COVID-19 spread, consider taking your party online. Here are some ideas for you and your friends to try!

- Houseparty (video chatting and online games with up to 8 people)
- Netflix Party (synchronized video playback and adds chat to your shows)
- Zoom (classic hangout, or you can host a trivia night, talent show, etc!)
- Marco Polo (video messaging app)

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COVID-19 + PARTYING

WE KNOW ONLINE HANGOUTS AREN'T THE SAME. IF YOU ARE GOING TO GATHER, CONSIDER THE FOLLOWING:

- Stick with the people you live with and keep it small.
- Take it outside!
 - Outdoor movie nights
 - Picnic on OPERS Field
 - Distanced hike in upper campus
 - Distanced dance party in the Porter Meadow
 - Hula hooping competition
- Stay 6 ft apart and wear a mask over your nose and mouth.
- BYOE (Bring Your Own Everything!)
 - Do not share cups, bottles, lighters, pipes, joints, etc.
- Do not meet with anyone if you have symptoms.

WHAT TO DO IF YOU THINK YOU WERE EXPOSED:

- Isolate! It's better to take the precaution just in case. Isolate yourself right away.
- Call the Student Health Services nurse advice line.
- Schedule an appointment for testing 4-5 days after the possible exposure.
- Remember: There is NO penalty for being honest! Please be honest with your medical provider, nurse or contact tracer and know that we aren't here to judge or punish. Also - your information/name will not be released even if you're positive.

COVID-19 + SMOKING

If you smoke, whether that be socially, daily, tobacco or cannabis, you may be wondering how COVID-19 might impact you. So - here's a guide to help you think about the ways you can lower your risk for COVID-19 if you smoke.

REAL TALK:

COVID-19 is a new disease, which means, there are limited data about how smoking and COVID-19 are connected. The Centers for Disease Control and Prevention (The CDC) reports that being a current or former cigarette smoker may increase your risk of severe illness from COVID-19. Even asymptomatic people can spread COVID-19.

WHAT WE KNOW:

- COVID-19 is an infectious disease that primarily attacks the lungs.
- Smoking impairs lung function making it harder for the body to fight off coronaviruses and other diseases.
- Tobacco is also a major risk factor for noncommunicable diseases like cardiovascular disease, cancer, respiratory disease and diabetes which put people with these conditions at higher risk for developing severe illness when affected by COVID-19.

LOWER YOUR RISK:

- Do not share cigarettes, vapes, e-cigs, bongs, joints, pipes, etc. BYOE (Bring Your Own Everything)!
- Hand to mouth transmission is a risk. Wash your hands with soap and water before and after smoking.
- If you're smoking, your mask is off...try to stay 6-10 ft. away from your friends.
- If you are thinking about quitting or cutting back and want support, schedule a free appointment with a SHOP Health Educator (tinyurl.com/shopucsc)

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