

PANDEMIC SEX:
Safer SEX and COVID-19
More than just condoms and birth control

How to be safe and enjoy Sex

1. **YOU are your safest sex partner.**
 - masturbate with CLEAN hands
 - clean sex toys with soap and water
2. **Sexing and Video dates**
 - allows for you to be 6 feet apart
 - double check your date before taking your clothes off and turning the camera on
3. **Do Not Kiss.** Spit easily passes Covid-19
4. IF you must have sex with a **willing** partner be safe:

WASH YOUR HANDS BEFORE AND AFTER SEX WITH SOAP AND WATER

- a) Skip sex if sick
- b) best is if the person in isolation with you
- c) have as few sex buddies as possible
- d) Rimming (mouth on anus) may allow Covid-19 to go in your mouth.
- e) Use condoms and dental dams for all sex...oral sex too
- f) non-face to face positions safer

PREVENT HIV, Sexually transmitted disease (STD) and pregnancy. Always use birth control and condoms.

If you need more condoms let us know.