



COVID-19 SEXUAL HEALTH TIPS



The San Francisco Department of Public Health cares about you and we want you to take care of yourself with regard to the coronavirus (COVID-19).

All San Franciscans have been asked to participate in the '[shelter in place](#)' health order by staying home and minimizing contact with others to reduce the spread of [COVID-19](#).

How is COVID-19 Spread?

- The virus can spread to people who are within 6 feet of a person with COVID-19 when that person coughs or sneezes.
- People can also get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.
- The virus can also spread through direct contact with saliva or mucus.

Can I get COVID-19 through sexual activity?

YES! Exposure to the virus can occur during sexual activities.

- COVID-19 has not yet been found in semen or vaginal fluid.
- COVID-19 has been found in feces of people who are infected with the virus.

We still have a lot to learn about COVID-19 and sex.

The San Francisco Department of Public Health recommends avoiding close contact - including sex - with anyone outside your household. If you do have sex with others, have as few partners as possible and avoid group sex. If you usually meet your sex partners online or make a living by having sex, consider taking a break from in-person dates. Video dates, sexting, or chat rooms may be options for you.

Here are some tips for how to enjoy sex during COVID-19.

If you do make plans to have sex, know the facts about COVID-19.

- Limiting sex to your main partner(s) or regulars that you live with and/or have sex with – a small circle of people – can lessen your chance of being exposed to COVID-19.
- Masturbation will not spread COVID-19, especially if you wash your hands (and any sex toys) with soap and water for at least 20 seconds before and after sex.



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Take extra care before and after.

- Kissing can easily pass COVID-19. Avoid kissing anyone who is not part of your small circle of close contacts.
- Condoms can reduce contact with saliva or feces, especially during oral or anal sex.
- Washing up before and after sex is more important than ever!
 - Wash hands often with soap and water for at least 20 seconds.
 - If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
 - Wash sex toys with soap and warm water.
 - Disinfect keyboards and touch screens that you share with others (for video chat, for watching pornography, or for anything else).

Skip sex if you or your partner is not feeling well.

- If you or a partner may have COVID-19, avoid sex and especially kissing.
- If you start to feel unwell or if you develop symptoms, call your primary care provider.

For more information on COVID-19 Visit <https://www.sfdph.org/dph/alerts/coronavirus.asp>

For HIV/STDs Testing Visit
<https://www.sfcityclinic.org>

Due to the COVID-19 response, San Francisco City Clinic can only see patients who:

- Have symptoms of a sexually transmitted disease (STD)
- Have a partner with an STD
- Have been contacted by a SF City Clinic staff person and asked to come in
- Are requesting HIV Post-Exposure Prevention (PEP), pre-exposure prophylaxis (PrEP) or emergency contraception
- Are HIV positive and not on medication, and would like help getting into care.

PLEASE CALL CITY CLINIC AT:

(415) 487-5500 BEFORE you come in so we can determine how best to assist you.

For instance, we may be able to give you advice over the phone or call-in a prescription for you.

SF City Clinic is not able to test patients for COVID-19. If you are experiencing respiratory symptoms like cough, fever, or shortness of breath, and are concerned about COVID-19, please contact your primary care provider or visit <https://www.sfdph.org/dph/alerts/coronavirus.asp> for more information. **#TakeCareofYourself, #GoodSex #YouMatter**