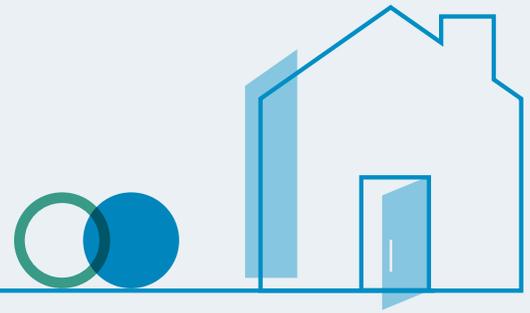


**SEX AND COVID-19:**

# Partners Outside Your Home



What are the different levels of risk for spreading the COVID-19 virus with partners outside your home, and how can you lower your potential risk of spreading or acquiring the virus?

If you would like to start a new relationship, just met someone you'd like to have sex with, or want to engage in casual sex and/or hookups, the risks should be considered as this is a higher risk activity.



**Here are some questions you can ask yourself about you and/or your partner's risk for spreading or acquiring the COVID-19 virus:**

- Do I or my partner have a job that does not allow us to socially distance from others ([CDC link](#))?
- Am I or my partner showing any signs of illness from the COVID-19 virus ([CDC link](#))?
- Am I or my partner elderly, and/or have underlying health conditions?
- Do I or my partner have any other sex partners at this time?
- Are my partner and I consistently complying with all preventive safety guidelines, including social distancing ([CDC link](#))?
- Do I or my partner live in an area of high community transmission?



**If you consider your risk low and decide to have sex with a person who lives outside your household, there are a few steps you can follow for which there is some evidence for safer sex:**

- Avoid kissing.
- Have discussions about what you and your partner are doing to socially distance and protect yourselves and others while outside your household.
- Wear a face mask or cloth face covering and ask your partner to do the same.
- Remember that STDs and HIV are preventable. Follow these steps to protect yourself and your partners ([STD link](#)).
- Use condoms and/or dental dams to reduce your contact with saliva, semen and feces during vaginal, anal, and oral sex.
- Be vigilant with face coverings and healthy hand hygiene to minimize risk to others.
- Reduce the number of sexual partners you have overall, and/or at the same time.

[Click here for more detailed information about sex and COVID-19.](#)

# SEX AND COVID-19: PARTNERS OUTSIDE YOUR HOME



**I have a partner who does not live with me. We have each agreed to practice social distancing except from each other (“sheltering in place together”). Is it safe to have sex?**

“Sheltering in place together” means that you and your sex partner have decided to be socially distant (6 feet of physical space or greater) from everyone besides each other. You have also decided to be monogamous and follow all other preventative safety guidelines together ([CDC link](#)) in an effort to minimize your risk of infection.

Regardless of your decision to shelter in place together, sex should be considered very carefully because you live in different households.



**I am in a long-term committed relationship with a partner who does not live with me. What should we do about sex?**

Sex and physical intimacy are a key part of life, especially when you are in a relationship, but at this time sex should be considered very carefully because you live in different households.

Discuss with sex partners the importance of staying at least 6 feet away from others outside the household, washing hands often, and wearing a face mask or cloth face coverings in public settings.

Talk about COVID-19 risk factors, just as you would discuss PrEP, condoms, and other safer sex topics. Ask partners about COVID-19 before engaging in sexual activity.



## TELL YOUR SEX PARTNER(S) IF YOU TEST POSITIVE FOR COVID-19 OR IF YOU HAVE SYMPTOMS OF COVID-19

**If you test positive for the COVID-19 virus or think that you have the COVID-19 virus but cannot get tested, contact any sex partners and tell them that they need to:**



stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times, and



self-monitor for symptoms, including fever, cough and shortness of breath and check temperature twice a day ([CDC link](#))

Your partners should also avoid contact with people at higher risk for severe illness and follow CDC guidance if symptoms develop ([CDC link](#)).



### Prevent HIV and other sexually transmitted infections (STIs):

**HIV:** Using condoms, taking pre-exposure prophylaxis (PrEP) and having an undetectable viral load all help prevent HIV. [Click here for more information.](#)

**Other STIs:** Using condoms help prevent other STIs. [Click here for more information.](#)



**Click here for more detailed information about sex and COVID-19.**