

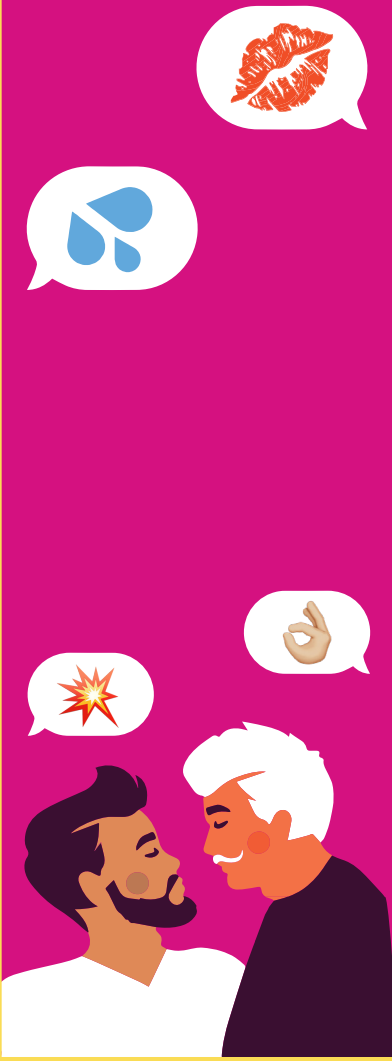
COVID-19 vaccines allow us to more safely engage in relationships, sex and everything in between! Practice these strategies to protect yourself and your partners from COVID-19.

Know how COVID-19 spreads

- The virus spreads by infected saliva, mucus or respiratory particles being inhaled or entering the eyes, nose or mouth.
- The virus can spread during sex since sex can involve close heavy breathing and contact with saliva.
- There is no evidence the virus spreads through semen or vaginal fluid, though the virus has been found in the semen of people who have COVID-19.
- The risk of spreading the virus through feces (poop) is thought to be low, though the virus has been found in the feces of people who have COVID-19. Research is needed to know if the virus can spread through sexual activities involving oral contact with feces (such as rimming).

Get vaccinated

- COVID-19 vaccination is the best way to protect yourself and your partners from COVID-19 illness, hospitalization and death, including from more contagious variants of the virus.
 - Visit vaccinefinder.nyc.gov or call **877-VAX-4NYC (877-829-4692)** to find a vaccination site. Vaccination is free, safe and effective.
- People who are fully vaccinated (at least two weeks have passed since they got a single-dose vaccine or the second dose of a two-dose vaccine) can more safely go on dates, make out and have sex.
- Even if you are fully vaccinated, get tested for COVID-19 if you have symptoms or were recently exposed to someone with COVID-19. If you test positive, avoid having sex and close contact with others until your isolation period ends. For more information on COVID-19 testing, visit nyc.gov/health/coronavirus and click on “Testing.”





Continue practices to prevent HIV, other sexually transmitted infections (STIs) and unintended pregnancy, including accessing sexual health care.

NYC Health Department HIV, STI and contraception services:

- Call the Sexual Health Clinic Hotline at 347-396-7959 (Monday to Friday, 9 a.m. to 3:30 p.m.) to talk to a health care provider.
- Visit nyc.gov/health/clinics or call **311** for Sexual Health Clinic hours and services.
- Call the 24/7 NYC PEP Hotline at 844-3-PEPNYC (844-373-7692) if you think you were exposed to HIV.
- Visit nyc.gov/condoms to find out how to get free safer sex products.

Tips for staying safe

Follow precautions if you or your partners are not fully vaccinated, are immunocompromised, are age 65 and older, have a health condition that increases the risk of severe COVID-19 or live with someone from one of these groups.

Before you hook up, talk about:

- **Vaccination status.** If you or your partner is fully vaccinated, you are at lower risk.
- **Recent COVID-19 testing.** If positive, avoid sex and close contact. If negative, keep in mind a test only shows if a person may have been infected when they were tested.
- **Recent COVID-19 infection.** Someone who had COVID-19 is unlikely to get it again within three months.
- **Recent COVID-19 exposure.** Close contact with others should be avoided for 10 days after an exposure.
- **COVID-19 precautions.** Being intimate with people who wear a face mask and follow other COVID-19 precautions is a safer way to go.

Play safer.

- **Avoid sex parties and large gatherings.** If you do attend, follow COVID-19 precautions.
 - Visit nyc.gov/covidtest or call **311** to find a testing site (many sites offer testing at no cost).
- **Limit your sex partners** to people in your social bubble.
- **Enjoy sex virtually**, such as video dates, sexting, sexy Zoom parties or chat rooms.
- **Avoid kissing** anyone who is not in your social bubble.
- **Wear a face mask, even during sex!** Wearing a face mask over your nose and mouth adds a layer of protection.
- **Make it kinky.** Be creative with sexual positions and physical barriers that allow sexual contact while preventing close face-to-face contact.
- **Masturbate together.** Use distance and face masks to reduce the risk.
- **Use condoms and dental dams** to reduce contact with saliva, semen or feces during oral or anal sex or rimming.
- **Wash up before and after sex.** Wash hands and sex toys with soap and warm water. Disinfect keyboards and touch screens you share with others.

For the latest information, visit nyc.gov/health/coronavirus.