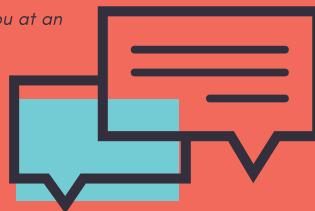


COVID-19 AND YOUR SEXUAL HEALTH

Assess the Risk - *What are activities that could put you at an increased risk of COVID-19?*

COVID-19 is not an STD, but engaging in physical intimacy can increase your risk.

- **Close contact** - Activities like hugging, hand-holding, and cuddling.
- **Direct contact** (saliva/mucus, feces, semen) - Intimate activities like kissing, heavy breathing, oral sex, vaginal sex, anal sex, and unclean sex toys.
- **Asymptomatic people** who do not show any symptoms of COVID-19 can spread the illness without knowing.
- **New Partners** - **close contact with a new partner increases your risk of exposure**



Sex during the time of COVID-19 - *If you choose to engage in sexual activities, here are a few tips to keep you safe.*

- **You are your safest sex partner** - There is no risk of unintended pregnancy or STDs, and no risk of spreading COVID-19.
- **Avoid hookups & casual dating** - Each new interaction increases the risk of COVID-19 transmission.
- **Use Barriers** - Condoms and Dental dams reduce risk of STDs
- **Communicate with your partner** - "What are you okay with right now?" "How can we keep each other safe during this pandemic?"
- **Always get consent** - It is simple like "Can I kiss you?", "Can we move this to the bedroom?". Pay attention and check-in with your partner on verbal and non-verbal cues like body language.



Safer Dating Tips

- **Communicate with each other** - "What are you ok with right now?" "Here's what I'm okay with."
- **Establish agreed upon boundaries** - It's best to do this prior to meeting in person.
- **Stay home and connect virtually** - Bake "together," listen to the same playlist, have a Netflix viewing party.
- **Meet outdoors** - If you decide to meet in person, choose a safe public space with enough distance to engage in outdoor activities such as hiking, picnics, tennis, or Frisbee golf.

COVID-19 AND YOUR SEXUAL HEALTH

Questions you can ask your partner/love interest.

- *"How about we keep meeting online for now?"*, *"Are you okay with doing a physical distance picnic date out on North Quad?"*
- *"What's your daily routine like? Are you out meeting different people with class and work? How about your friends?"*
- *"I have three other roommates, who are also in school and work, how about you?"*
- *"I have a sibling who has asthma and I want to keep them safe. Do you have anyone in your life that's at a higher risk for COVID-19?"*



Resources:

- NAU Health Promotion (928)523-1774
- NAU Campus Health Services (928)523-2131
- Coconino County Health Department (928)679-7222
- Planned Parenthood (855)-207-7526
- Learn more about birth control: nau.edu/birthcontrolclass
- Learn more about COVID-19 and your sexual health: American Sexual Health Association, www.ashasexualhealth.org/sex-in-the-time-of-covid-19/



If you or someone you know is in an abusive relationship, help is available. The National Domestic Violence Hotline offers 24/7 virtual support online and at 1-800-799-SAFE (7233).

NAU NORTHERN ARIZONA
UNIVERSITY

Health Promotion

nau.edu/hp
healthpromotion@nau.edu