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.
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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

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).

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Health Promotion

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