

Sex & COVID-19

Brought to you by the Sexual Health Education Program (SHEP)



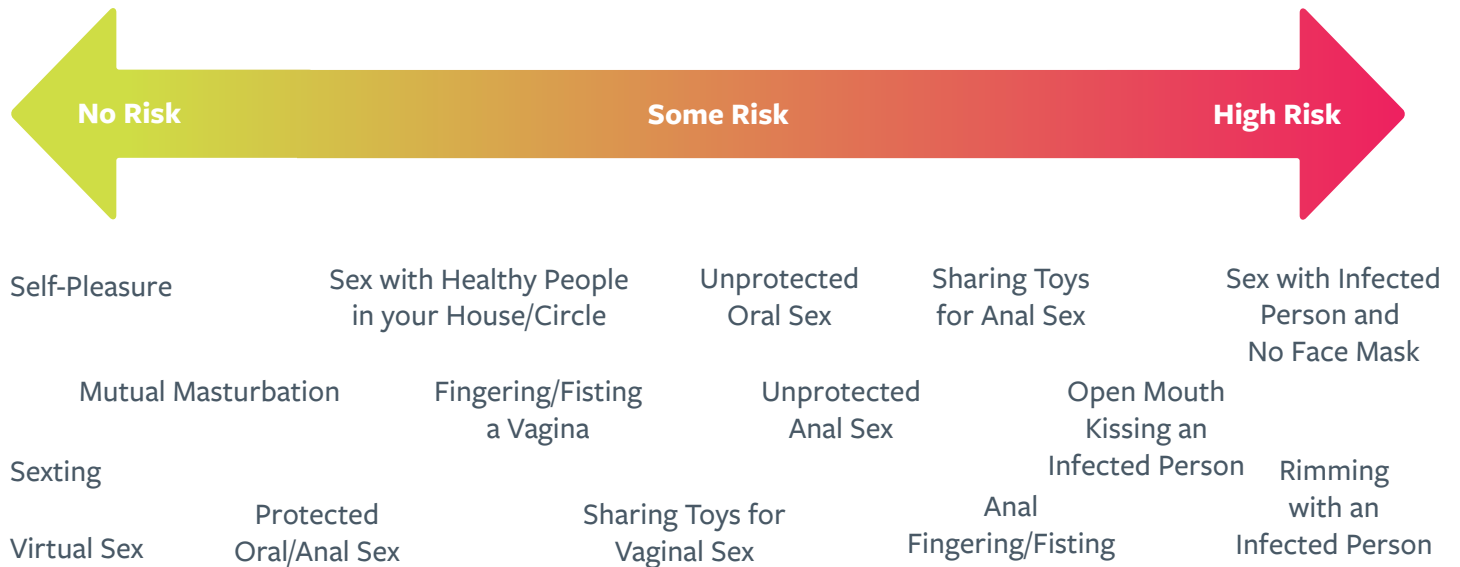
Is it okay to have sex?

Yes! Things to keep in mind:

1. You can get Coronavirus from a partner who has it.
 - Exchanging saliva or mucus (coughing, sneezing, kissing, etc.)
 - Fecal matter
2. If you or your partner aren't feeling well, don't have sex

Continuum of Risk - Sex and COVID-19

Risk is based on COVID transmission only. Does not include STI/HIV, unintended pregnancy, or other possible risks.



Possible risk: Kissing someone who isn't feeling well; any of the above with a partner whose COVID status is unknown.

Safer Sex During COVID:

YOU are your safest sex partner.
Take this time to figure out what makes you feel good.

Get off while maintaining your distance.

The phone and sexting can be ways to connect socially and sexually without exchanging fluids.

Selective Kissing

Kissing can easily pass COVID-19. Avoid kissing anyone who is not part of your small circle of close contacts.

Use Condoms

Condoms and dental dams can reduce contact with saliva or feces, especially during oral or anal sex.

These three graphics were adapted from Oregon Public Health.

Normal Sexual Experiences during Quarantine

- Feeling touch-starved rather than sex-starved
- Increased or decreased libido
- Sex or masturbation out of boredom
- Sex just doesn't feel the same
- Great sex!
- Terrible sex :(
- Disappointment around inability to have sex or date
- Low self-confidence/feeling unsexy
- New sexual interests
- Feeling more intense or emotional
- Sexual difficulties
- The same as usual
- Any and all of the above!

Managing Feeling Touch-Starved

- Masturbation - You are your safest sexual partner! Masturbate with or without toys. Now is a great time to do some self exploration.
- Taking a bath
- Using a weighted-blanket
- Running different pleasurable textures across your skin
- Interacting with plants
- Giving or receiving a massage
- Online dating or virtual sex

You may find that none of these activities live up to human touch, and that is okay! Acknowledge that it may not be as good as the real thing.

Not feeling sexual at this time?

Communication around these difficulties is key!

- Sexual difficulties are completely normal!
- Stress can lead to emotional problems with arousal (just not feeling in the mood)

Resources

University Health Services (UHS) Resources at the Tang Center

Healthy Sexuality Coaching

- Up to 45-minute individual appointment with a professional Health Coach.
- Virtual and phone appointments offered
- Email Robinmills@berkeley.edu for a free appointment

Medical Appointments

- For all medical concerns please call first at (510) 643-7197. This will allow medical staff to assess your needs and best direct you.
- You are encouraged to contact the 24/7 Advice Nurse if you have symptoms of cough, fever, shortness of breath, or if you've had close sustained contact with a known positive COVID-19 case.

Off-Campus

Planned Parenthood

- Center's open for in-person, online, and phone appointments
- [Plannedparenthood.org](https://www.plannedparenthood.org)

Primary Care Provider

Given the unique situation that continues to evolve around the coronavirus, effective March 16, students with SHIP (Student Health Insurance Plan) are no longer required to seek a referral from University Health Services before accessing care. The referral exception will remain in place until further notice. See uhs.berkeley.edu/ship for more information.

Social Media

Follow us on social media for more tips. Handles at uhs.berkeley.edu/social
[#safersexhealthycampus](https://twitter.com/safersexhealthycampus) [#bewellcal](https://twitter.com/bewellcal)

