COVID-19 Coronavirus

Sex Guidance

All Milwaukeeans should stay home and minimize contact with others to reduce the spread of COVID-19. But can you have sex? Here are some tips for how to enjoy sex and to avoid spreading COVID-19.

Know how COVID-19 spreads.

• You can get COVID-19 from a person who has it.
  o The virus can spread to people who are within about 6 feet of a person with COVID-19 when that person coughs or sneezes.
  o The virus can spread through direct contact with their saliva or mucus.
• We still have a lot to learn about COVID-19 and sex.
  o COVID-19 has been found in feces of people who are infected with the virus.
  o COVID-19 has not yet been found in semen or vaginal fluid.
  o We know that other coronaviruses do not efficiently transmit through sex.

Have sex with people close to you.

• You are your safest sex partner. Masturbation will not spread COVID-19, especially if you wash your hands (and any sex toys) with soap and water for at least 20 seconds before and after sex.
• The next safest partner is someone you live with. Having close contact — including sex — with only a small circle of people helps prevent spreading COVID-19. Have sex only with consenting partners.
• You should avoid close contact — including sex — with anyone outside your household. If you do have sex with others, have as few partners as possible.
• If you usually meet your sex partners online or make a living by having sex, consider taking a break from in-person dates. Video dates, sexting or chat rooms may be options for you.

Take care during sex.

• Kissing can easily pass COVID-19. Avoid kissing anyone who is not part of your small circle of close contacts.
• Rimming (mouth on anus) might spread COVID-19. Virus in feces may enter your mouth.
• Condoms and dental dams can reduce contact with saliva or feces, especially during oral or anal sex.
• Washing up before and after sex is more important than ever.
  o Wash hands often with soap and water for at least 20 seconds.
  o Wash sex toys with soap and warm water.
  o Disinfect keyboards and touch screens that you share with others (for video chat, for watching pornography or for anything else).

More resources at milwaukee.gov/coronavirus
Skip sex if you or your partner is not feeling well.

- **If you or a partner may have COVID-19**, avoid sex and especially kissing.
- **If you start to feel unwell**, you may be about to develop symptoms of COVID-19, which include fever, cough, sore throat or shortness of breath.
- **If you or your partner has a medical condition that can lead to more severe COVID-19**, you may also want to skip sex.
  - Medical conditions include lung disease, heart disease, diabetes, cancer or a weakened immune system (for example, having unsuppressed HIV and a low CD4 count).

Prevent HIV, other sexually transmitted infections (STIs) and unplanned pregnancy.

- **HIV**: Condoms, pre-exposure prophylaxis (PrEP) and having an undetectable viral load all help prevent HIV.
- **Other STIs**: Condoms help prevent other STIs.
- **Pregnancy**: Make sure you have an effective form of birth control for the coming weeks.
- Visit [milwaukee.gov/health](http://milwaukee.gov/health) for additional information.

*The City of Milwaukee Health Department may change recommendations as the situation evolves.*
*For the latest information, visit [cdc.gov/covid19](https://www.cdc.gov/covid19).*