

Safer Sex during COVID-19

Being fully vaccinated against COVID-19 allows people to have safer interactions, including sexual activity. This resource offers ways to help you make informed and consensual decisions about sex, while also reducing the spread of COVID-19 to yourself, your partner(s) and your community.

Can I get COVID-19 from having sex?

While COVID-19 is not sexually transmitted, it does spread through direct contact with respiratory droplets (saliva) of someone who is infected with the virus. These respiratory droplets can travel up to two metres and can be shared when you cough, sneeze, talk, or kiss. Safer sexual practices may prevent unintended pregnancy and [sexually transmitted infections](#) (STIs), but will not prevent transmission of COVID-19.

How to reduce the spread of COVID-19 and still enjoy sex

- [Get fully vaccinated](#) with two doses of vaccine as soon as you can. COVID-19 vaccines are safe and effective, and the best way to protect yourself and your partner(s) from serious illness, hospitalization and death from COVID-19.
- Talk to your partner(s) about COVID-19 vaccination, risk factors and how to protect yourselves.
- Even if you are fully vaccinated, skip having sex if you or your partner(s) are feeling unwell or have symptoms of COVID-19.

Other ways to reduce your risk

- Use condoms to protect yourself from STIs and get tested regularly for STIs.
- Wash your hands before and after having sex, whether alone or with a partner.
- Consider sexual positions that avoid being face-to-face.
- During oral or anal sex, use condoms, gloves or other barriers to reduce contact with saliva and other fluids.
- Clean sex toys and consider covering them with a condom. Do not share sex toys with others.

If you or your partner(s) are not fully vaccinated, consider ways you can further reduce your risk:

- Be creative and find ways to include using masks during sex, especially with partners you do not live with.
- Avoid or limit kissing and saliva exchange and do not touch your eyes, nose or mouth with unwashed hands.

Revised August 13, 2021

- If you usually meet sex partners online, are polyamorous with people who you don't live with, or make a living having sex, consider video dates, virtual sex, sexting or chat rooms instead of meeting people in person.

More information

Visit our website at toronto.ca/COVID19 or call us at 416-338-7600.