

DAP Guide to Sex and COVID-19

**ENJOY SEX. AVOID SPREADING COVID-19.
YOU ARE YOUR SAFEST SEX PARTNER.**

MASTURBATE

Choke the chicken. Paddle the pink canoe. Whatever you call it, now is the time to do more of it! Just be sure to wash your hands before and after.



GET CREATIVE & HAVE FUN!



WEBCAM OR VIDEO CHAT with people you would otherwise meet in person.



SEXT



PHONE SEX Go vintage like it's 1998 again.



SEX TOYS Use butt plugs, vibrators, dildos, nipple clamps and cock rings. Whatever suits your fancy! Do not share sex toys with others, or if you do, always cover with condoms and wash after each use.

1

PLAY WITH ONE PARTNER Maintain one partner for the duration of the COVID-19 pandemic to limit your exposure risk.



USE CONDOMS and dental dams if you are planning on being sexually active including for oral sex.



GET TESTED

THE DOCK

Powered by Desert AIDS Project

DAP is a sex-positive and stigma-free organization that understands not everyone will practice social distancing when it comes to sex. It is recommended to masturbate or limit to one sexual partner only.

Get Tested at The DOCK in Palm Springs if you are experiencing any symptoms of STIs. For more information, visit: www.desertaidproject.org/covid-sex-tips