



SEX & COVID-19

a zine about safer sex
by the sexual misconduct response and prevention office

SAFER SEX & COVID-19

You can get COVID-19 from someone who has it.

Some people are asymptomatic (have no symptoms) or are presymptomatic (have not yet developed symptoms). These people can still be contagious.

COVID-19 is transmitted through bodily fluids, and has been found in saliva, urine, fecal matter, and semen (Wang et al., 2020; Xiao et al., 2020; Li et al., 2020).

“On the basis of existing data, it appears all forms of in-person sexual contact carry risk for viral transmission” (Turban, et al., 2020)

Remember that breaking social distancing standards (6 ft apart) is risky and discouraged by public health officials.

During the COVID-19 pandemic, there have been some reports of people pressuring others to meet up. You never have to do anything you don't want to.



ASSESSING THE RISK

Is it safe to have sex during the COVID-19 pandemic?

It's all about assessing your risk and that of your potential partner.

You are your safest sex partner. The next safest person is a partner that you live with. People outside of your home are the least safe. (NYC Health Department, 2020).

Think about these factors:

Do either of you have any symptoms?

What is their living situation (and yours)?

Are they working? Are you working?

Have they been staying home?

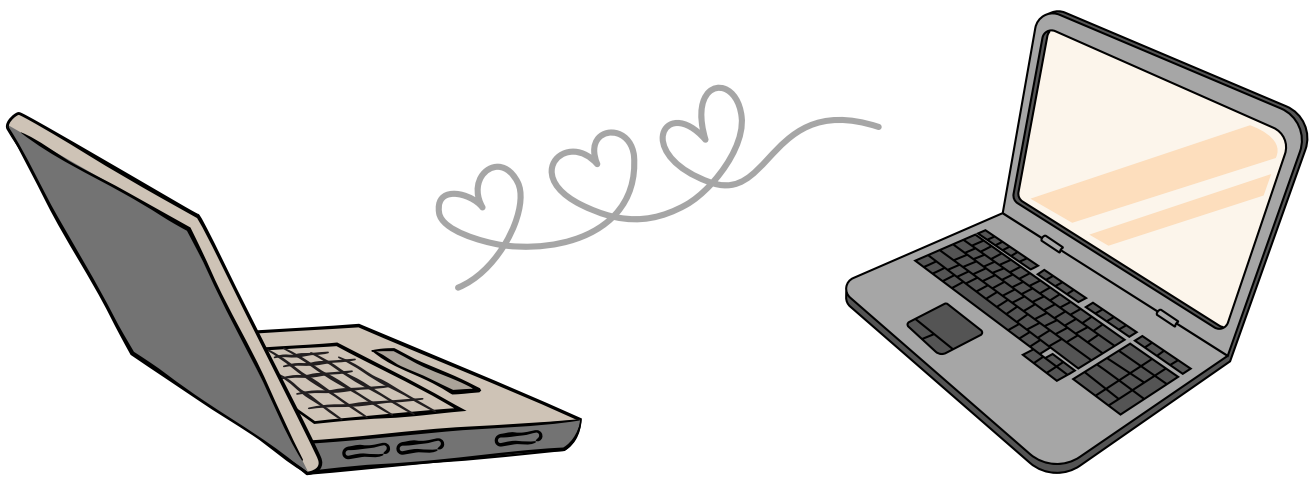
Do they have contact with anyone else? What about their housemates or family?



NO-CONTACT SEXY TIMES!

If you've decided in-person contact is too risky, you still have lots of options for no-contact sexy times:

- sex for one (masturbation)
- phone sex
- sharing photos or videos
- masturbating or achieving orgasm while on video



DEPENDING ON YOUR COMFORT LEVEL, YOU MAY WANT TO TAKE SOME EXTRA PRECAUTIONS WHEN PARTICIPATING IN PHONE SEX, OR SHARING NUDE PHOTOS OR VIDEOS.

Some things to consider may include:

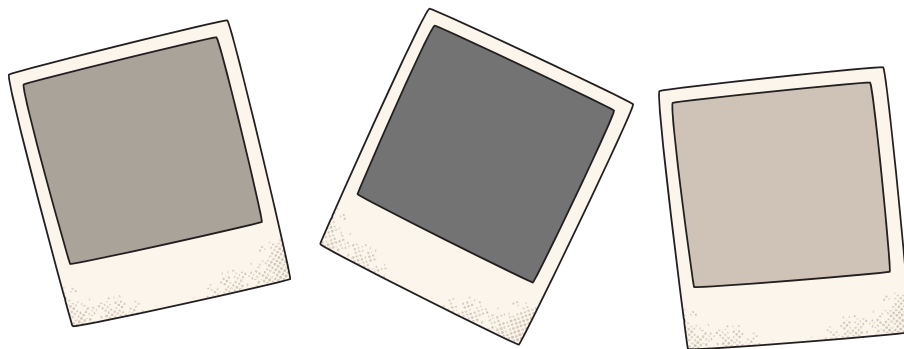
- Only sharing photos or videos with people you know and trust.
- Thinking through how you might be identifiable. Do you have identifiable features, tattoos, or birthmarks that you might want to obscure?
- What app or service are you using? How are the photos or videos stored? Do they disappear over time?
- Can people screenshot or record you? (The answer is always yes.)

ACTIVE CONSENT IS IMPORTANT FOR SHARING PHOTOS AND VIDEOS!

Sending your own nudes to someone without their consent is not ok.

Sharing someone else's nudes with another person without their explicit consent is not ok.

If someone is doing these things, you can contact the Sexual Misconduct Response & Prevention Office for support and reporting options.



IF YOU NEED SUPPORT, WE ARE STILL HERE!

Sexual Misconduct Response & Prevention Office
Available to meet by phone or video.

Contact us at svsupport@uwindSOR.ca

Or visit the website at: www.uwindSOR.ca/sexual-assault

REDUCING YOUR RISK FOR STIS AND PREGNANCY

If you've decided to have in-person contact, you should consider safer sex practices that reduce the risk of STIs and pregnancy. Think about:

Using barrier methods:

- Condoms

- Internal condoms (sometimes called "female" condoms)

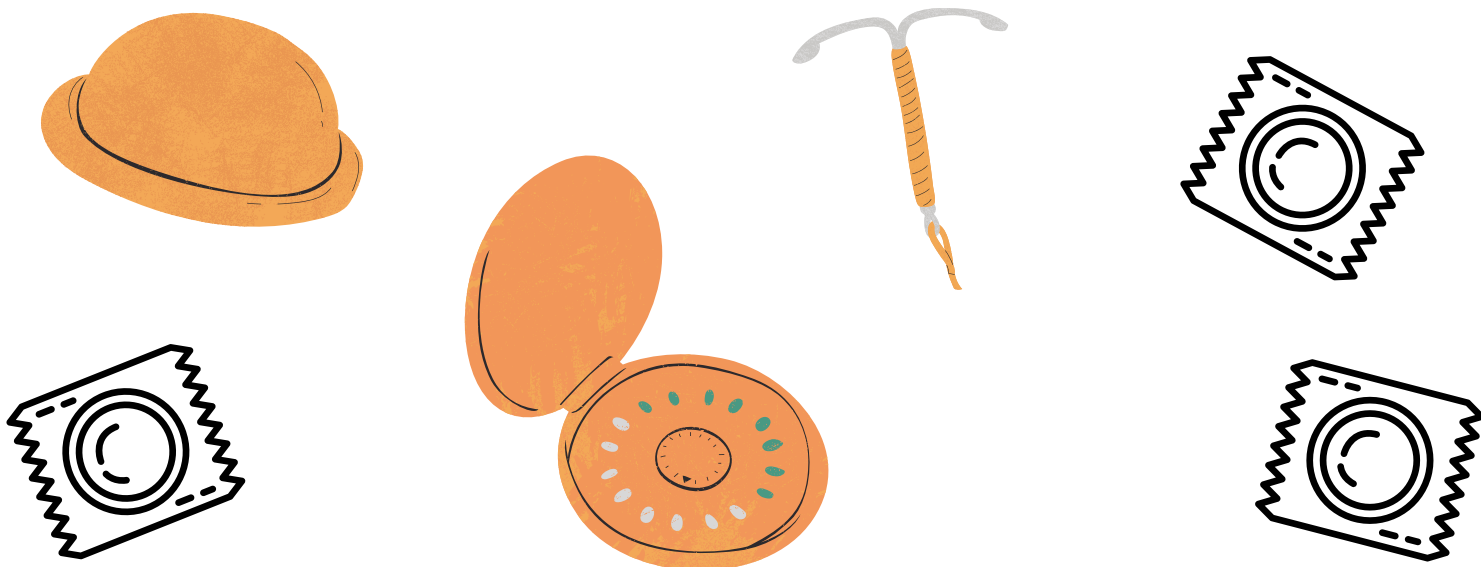
- Flavoured condoms (for oral sex only)

- Dental dams (for oral-vaginal or oral-anal contact)

Using hormonal birth control like The Pill or an IUD. This may help prevent pregnancy but will not reduce your risk of contracting STIs.

Engaging in sex acts that have low or no risk of contact with bodily fluids (ex. mutual masturbation).

Regular STI testing (via a medical clinic, like the Student Health Centre). Ideally, we encourage folks to undertake regular STI testing as part of their safer sex practice. During this time it can be harder to access these services, which makes it all the more important to use other safer sex practices.



SAFER SEX RESOURCES

Where can I get safer sex supplies?

Condoms and other barrier methods are commonly available at drug stores and pharmacies. Dental dams can be harder to find, though they can be ordered online, or you can make one using a regular condom.

The Sexual Misconduct Office is providing free safer sex kits. Email us at svsupport@uwindsor.ca for more information.

Where can I get a birth control prescription or STI testing?

You can access these things through any walk-in clinic, your family doctor, or the Student Health Centre.

Student Health Centre

Call 519-973-7002 to schedule a phone appointment with a physician.

Felix - get a birth control prescription through this online service at:
<https://www.felixforyou.ca/ailment/birth-control>

Where can I get support after unwanted experiences?

What if home is not a safe place for me right now?

Many campus and community supports are still available to you at this time. Please consider contacting one of the following services:

The Sexual Misconduct Response & Prevention Office

Contact us at svsupport@uwindsor.ca

Visit the website at www.uwindsor.ca/sexual-assault

The Sexual Assault Crisis Centre

24 hour crisis support at 519-253-9667

Hiatus House

24 hour call line: (519) 252-7781



University
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Sexual Misconduct Response
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