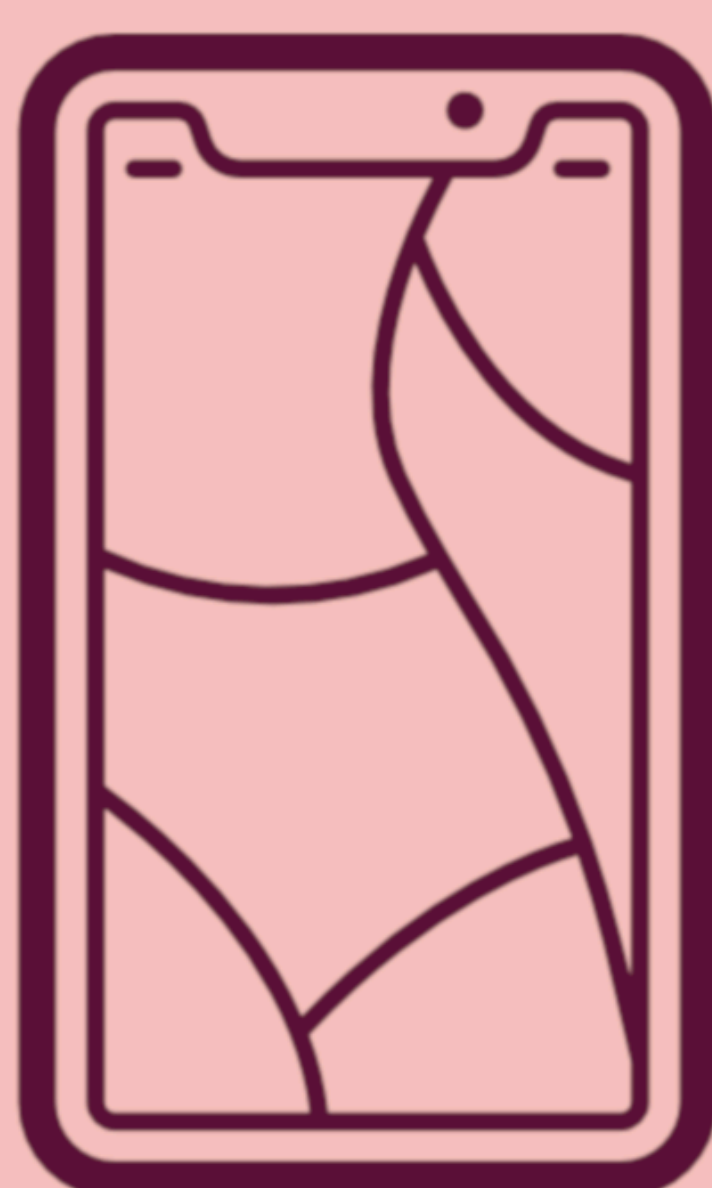


Avoid all physical contact when you are experiencing symptoms such as coughing, runny nose, sore throat or fever.

SAFER SEX DURING COVID-19

Have sex at a distance

Prioritize online dating and sex. Make use of video calls, online messaging and texting.



Limit kissing

Kissing enables the coronavirus to spread easily. Avoid kissing people outside your immediate circle.



Condoms always make sex safer, during the coronavirus and otherwise.



Use a condom



Use this opportunity to explore solo sex and discover what you find pleasurable.

You are your own safest sex partner

Learn more at rfsu.se/corona

Source: RFSU & SRHR team at CES, Region Stockholm.
Images: Smashicons

