

FACT SHEET

Hook-ups during Covid-19



Meeting other people for hook-ups can increase your risk of picking up or passing on Covid-19.

Casual physical hook-ups are discouraged during these times as you are putting yourself, your partners and others in the community at a potentially huge risk of picking up or passing on Covid-19.

Right now, it is not clear exactly what sex acts might pass on Covid-19. There is some evidence that Covid-19 might be transmitted through faeces (poo). Avoiding rimming, or any other sex that could lead to traces of poo getting into the mouth, will reduce your risk. Washing your hands thoroughly after taking off a condom, or after anal sex, will also help reduce your risk.

If you decide to continue to have hook-ups, you can reduce the Covid-19 risk by:

- Avoiding sex that involves the exchange of saliva, such as kissing, snogging or spit play.
- Washing your hands and face in soapy water before and after sex.
- Showering before and after sex (sharing towels with your hook-up is not a good idea).
- Reducing the number of hook-ups you have.
- Reducing the numbers of people involved in each hook-up.
- Having sex that reduces the amount of body contact – mutual masturbation, spanking, using condoms.
- Avoiding encounters that involve face to face contact.

- Having an encounter that does not involve touching and involves staying a distance away, such as watching each other jack off, or dressing up.
- Not sharing sex toys.
- Heavy breathing and panting during sex can further spread the virus, wearing a face covering/mask can help prevent this.

There's another reason hook-ups are being discouraged, many sexual health services are unable to offer usual health services. Routine STI and HIV testing is being reduced.

However, if you think you have been at risk of an STI and/or HIV see below for what you need to do.

Support

Local Sexual Health Services are currently only offering telephone access only on **0303 330 330** or online testing through **sh24.org.uk**

Calderdale and Huddersfield Sexual Health Service are only accessible by phoning **01422 261370** or **01422 261365** to be triaged over the phone, an appointment will be offered if appropriate.

Many thanks to PrEPster (advocators for the provision of PrEP on the NHS in England) for letting us use some of their information.