Safer Sex Work & COVID-19

We understand some of these recommendations are easier to do than others, and that you must do what you can to stay safe and keep working. Do the best you can.

If your trick is sick: You can get COVID-19 from a person who has it. The most common symptoms are a cough, fever, and shortness of breath. The virus can spread to people who are within 2 metres or 6 feet of a person with COVID-19 when that person coughs or sneezes, or through direct contact with that persons' saliva or mucous.

How can I prevent COVID-19?

Wash your hands:

- Wash your hands often with soap and water for at least 20 seconds (sing Happy Birthday twice or the full alphabet song) or use alcohol-based hand sanitizer if a sink is not available to you.
- Do this right before and after any contact with others, using public transit, or handling cash or other items.
- Try not to touch your eyes, nose, mouth, vagina (front hole), or anus (bum hole) with unwashed hands.
- Cough and sneeze into your sleeve or into a tissue. Do not cover your hands with your mouth when coughing or sneezing.

Wash sex toys:

- COVID-19 can live outside the body on objects like counters, clothing, sex toys, or money. The virus can be passed to you if you touch these objects and then touch your eyes, mouth, nose, vagina (front hole), or anus (bum hole).
- Avoid touching these areas with unwashed hands or unwashed sex toys.
- Always use a condom if you are going to share a sex toy with a partner and remember to change the condoms between partners.
- Follow instructions for cleaning sex toys on product packaging.
- If you are still unsure on the best way to clean the sex toy, here are some ideas:
  - For toys made of silicone, CyberSkin, glass, stainless steel, or wood use mild soap and a damp cloth to wipe the toy clean. Be careful not to use too much soap for the CyberSkin toys as it can damage the sensitive material.
  - Place non-motorized toys made of silicone, Pyrex, stainless steel, or stone in boiling water for 8 to 10 minutes for a deeper clean.
  - Toys made of hard plastic, elastomer, thermoplastic elastomer (TPR) or jelly rubber are made of porous materials that are hard to clean and can still contain microorganisms even after washing with soap and water.
Always place a condom on this type of product to prevent possible infection.

Once the sex toy is clean, dry it off completely with a clean paper towel and store it in a case or cloth bag to protect it from other items.

**Go online:**
If possible, try using online or mobile platforms to work, like webcams, phone sex, sexting, or chat rooms.

**Take care on dates:**
If you can’t go online, it is best to avoid contact with anyone who is sick. If you email or call clients for a booking ask them to postpone if they have cold or flu like symptoms. If possible, have your date wash their hands and wear a mask if they have a cough or fever. Use condoms and dental dams for all types of sex: insertive sex into a vagina (front hole) or anus (bum hole), and oral sex including blowjobs and rimming.

**Wearing a mask:**
You do not need to wear a mask or gloves when going out in public unless you are sick or are caring for someone who is sick. However, it would be reasonable to wear a homemade mask to protect others around you if you are unable to stay 2 meters (6 feet) away from others that you don’t live with (like if on a date). If you cannot get a mask, cover your mouth and nose with a clean scarf or fabric.

**Avoid kissing:**
COVID-19 can pass through kissing. If possible, avoid kissing or having someone’s saliva come in contact with your mouth, nose, eyes, vagina (front hole), or anus (bum hole). Consider creating a “no kissing” rule with your clients.

**Clean and disinfect**
All high-touch areas twice daily and when visibly dirty.
- Take special care to clean any surfaces that may have blood, body fluids, and/or secretions on them.
  - Use cleaners and disinfectants as per manufacturer’s instructions
  - Use only disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.
  - Check expiry date of products prior to using

**If you feel unwell or have questions:**
Visit OttawaPublicHealth.ca/Coronavirus for more information. If you do not have access to the internet, you can call Ottawa Public Health at 613-580-6744 or your regular healthcare provider.