

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 person's saliva or mucus. People can transmit the virus even if they do not have any symptoms.

How can I prevent COVID-19?

Wash your hands



- Wash your hands often with soap and water (for 20 seconds – sing Happy Birthday twice or the full alphabet song), or use alcohol-based hand sanitizer. Don't 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.

Wash sex toys



- Use a condom if you are going to share a sex toy with a partner and remember to change condoms between partners. Follow package instructions when cleaning sex toys.

Go online



- Go online to work if possible (webcams, phone sex, chat rooms, etc.).

Take care on dates



- Ask clients to postpone if they have cold or flu-like symptoms. 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.

Wearing a mask



- Do your best to stay 2 meters (6 feet) away from other people who you do not live with. You could wear a non-medical mask (ex. homemade mask) to protect others where physical distancing is hard to do (such as while on a date or on public transit). If you do not have a mask, cover your mouth and nose with a clean scarf or fabric.

Avoid kissing



- COVID-19 can spread through saliva. Consider implementing a no-kissing rule with your clients. Also, avoid having someone's saliva come in contact with your mouth, nose, eyes, vagina (front hole) or anus (bum hole).

Clean and disinfect



- 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. Make sure to follow manufacturer's instructions with any products you use.

If you feel unwell or have questions

Visit [OttawaPublicHealth.ca/Coronavirus](https://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.