

Sexual Wellness

DURING COVID-19

Your sexual and reproductive health matters as much during the pandemic as it ever has.

You have the right to be protected against intimate partner violence and sexual violence at all times.

Sexual health services during COVID-19:

- *Continue to seek care for your sexual health*, including birth control, care for sexually transmitted infections, and breast and cervical cancer screening exams.
- *Abortion care is an essential service* and remains available during the pandemic.
- *Care following a sexual assault is essential* and remains available during the pandemic.



Protecting yourself



Physical contact is not recommended with anyone from outside your home. This includes hugging, kissing and having sex. *You are your safest sex partner.* The next safest sex partner is someone from within your home.



Avoid sex and especially kissing if you or your sexual partner feel unwell. COVID-19 is not sexually transmitted. *It is transmitted by being physically close.*



Condoms continue to protect against sexually transmitted infections and unplanned pregnancy.



Sex with multiple partners or group sex is not recommended during the COVID-19 pandemic.



If your sexual partner(s) live in a different household than you, consider non-physical options for sexual connection, like sexting and online dates.



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