

Pandemic Proof Dating

Why are we concerned about dating during COVID?

We all know that the longer and more closely you interact with others, the higher the risk of COVID-19 spread. Dating generally requires close interaction with other people so by doing that more safely, we actively help prevent spreading COVID-19.

What should you do before deciding to meet in person?

Discussing your risk levels before meeting people in person is key:

- Have you been vaccinated?
- Do your jobs or living arrangements require you to be around other people?
- Do you frequent other public spaces?
- Do you consistently wear face masks?
- Are there health concerns that put you or those around you at higher risk?
- Does your job provide sick leave or insurance if you become ill?



What are some safer activities to do if dating in person?

- Plan outdoor activities that support physical spacing, like hiking or a socially-distanced picnic. When removing masks to eat, remain 6 feet apart from others.
- Avoid kissing if possible and wear masks during sexual encounters.
- If you choose to become intimate, minimize risks where possible. The fewer partners you have, the less risk of exposure. If possible, form a “sex bubble” with a single partner.
- Incorporate sexual positions where partners face away from each other or use a physical barrier. Minimize exposure to respiratory droplets or feces.
- Remember to include contraception, condoms, dental dams, routine testing, and HIV PrEP.

For more information: www.vdh.virginia.gov/blue-ridge/sexual-health-services



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