



NCSH Quarterly Social Media Campaign Part One: Central Themes

This is the 22nd NCSH quarterly social media campaign, which includes sample sexual health content that you can use and/or adapt for your digital and social media channels. We hope you will share this campaign with social media staff within your organization. We have formatted this content for Twitter, but it can be adapted for Facebook as well.

Our theme for this campaign is **COVID-19 and Sexual Health**. It includes tweets related to transmission, prevention, partners, relationships, sexual health services, and abuse.

Transmission of COVID-19

- It's not just about sex. DYK that if you're close enough to touch an infected partner, you're close enough to get the virus? This could happen when hugging, talking face-to-face, or just lying in bed together. #COVID19 <https://bit.ly/3fwsbmo>
- How can #COVID19 be spread during sexual contact?
 1. Close contact with an infected partner (within 6 feet)
 2. Kissing an infected partner
 3. Rimming (mouth on anus) with an infected partner might spread itSee @whitmanwalker's tips for more information: <https://bit.ly/wwsexandcovid19>
- With COVID-19, what does it really mean to put six feet between you and others? You can use your arms to find out. Check out these practical tips: <https://cnn.it/#bGLC9m>.
- Take care with kissing in the age of #COVID19. DYK that you can easily share COVID-19 if you or your partner(s) are infected? The virus has been found in both saliva and mucus. <https://bit.ly/3fwsbmo>
- You could have #COVID19, and not even know it. Many people don't have symptoms, but they can still give the virus to others. Learn more here: <https://www.npr.org/sections/goatsandsoda/2020/04/13/831883560/can-a-coronavirus-patient-who-isnt-showing-symptoms-infect-others>

Prevention of COVID-19

- **Tweet thread:**
Tweet 1:
How can you enjoy sexual activity & avoid #COVID19?
 - YOU are your safest sex partner. When masturbating, wash hands/sex toys for at least 20 seconds before & after sex
 - The next safest is a partner you live with who is social distancing, handwashing, & wearing a mask in public

(Cont'd)

Tweet 2:

How can you enjoy sexual activity and avoid #COVID19?

- Take care during sex (kissing can spread it & rimming might spread it)
- Wash hands & sex toys with soap & water for at least 20 seconds before & after sex
- Use condoms & dental dams to reduce risk during oral & anal sex

(Cont'd)

Tweet 3:

How can you enjoy sexual activity & avoid #COVID19?

- Skip sexual activity if you or your partner have COVID-19 or any symptoms. Learn more here: <https://bit.ly/2Sqo94G>
- But remember, people can be infected with #COVID19 & not show any symptoms
- With #COVID19, a safe and satisfying sex life is still possible IF you know the facts and take steps to reduce your risk. Learn more: <https://bit.ly/3bePD3Q>
- Are you or your partner wondering if it's safe to get frisky during #COVID19? This @NCSH_ factsheet has questions to help you and your partner assess your risk before getting intimate. <https://bit.ly/3bePD3Q>
- DYK you are your safest sex partner during #COVID19? Masturbation is safe, and it's a great time to explore what feels good to you. Before and after sex, just be sure to wash your hands and sex toys with soap and water for at least 20 seconds.
- Single during #COVID19? You're in luck! You're already in a relationship with your safest sex partner—YOU! 😊 @Cosmopolitan has some tips for women on how to get down solo: <https://www.cosmopolitan.com/sex-love/advice/a1602/solo-sex/>
- Looking for ways to explore self-love while stuck at home due to #COVID19? @PPFA explains the benefits of masturbation and gives helpful tips: <https://www.plannedparenthood.org/learn/sex-andrelationships/masturbation>
- During #COVID19, it's best to avoid close contact and sexual activity – especially kissing – with anyone outside of your household, particularly with new or casual partners.
- DYK that the #coronavirus might be in feces? So, rimming (mouth on butt/anus) could be risky. Either avoid this type of sexual activity or use dental dams to reduce risk. <https://www.cdc.gov/condomeffectiveness/Dental-dam-use.html>
- Don't forget the basics! Keep up your safer sex routine during #COVID19, which could include condoms, dental dams, birth control, and/or medications to prevent unplanned pregnancies and STIs, including HIV.

- @CDCgov says you should put 6 feet between you and others. Wondering whether it's safe to have sex during the #coronavirus outbreak? Here's some advice. <https://www.tht.org.uk/news/dont-hook-during-covid-19-lockdown?sfns=mo>
- DYK that if you or your partner(s) have certain health conditions, like diabetes or heart disease, you could be at higher risk for #COVID19 complications? For now, you might choose to avoid sexual contact. Learn more from @CDCgov: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>

Partners

- Not living with your partner during #COVID19? It can be really tough, but it's best to avoid physical contact for now. Explore other options to stay connected: video dates, sexting or phone dates. <https://bit.ly/2Sj8pko>
- Living apart from your partner during #COVID19? It's best not to get physical. But If you do, you can reduce your risk by avoiding kissing, avoiding rimming, and using condoms or dams during oral & anal sex. <https://bit.ly/3bePD3Q>
- Want to date someone new during #COVID19? For now, you should avoid in-person dates. Instead, it's best to date virtually, e.g., online, video dates, or sexting. This slow build-up could lay a great foundation for a future relationship!

Sexual Health Services

- Want to access routine sexual health care during #COVID19? Many providers are using “no touch care” through phone/video appointments instead of in-person visits. Check with your local provider to see what's available near you! <https://bit.ly/2SKuQPz>
- Taking care of your #sexualhealth is important even during #COVID19! This could include:
 - Refilling your birth control prescription
 - Getting tested for an STI
 - Continuing treatment for HIV and other STIs
 - And much more!
 Talk to your provider to find out what's available for you.
- REMINDER: Even during #COVID19, if you have any #STI symptoms or had sex with someone recently diagnosed, contact your health care provider or clinic, and seek care right away. Treatment will be available in-person or via phone/video appointments. <https://bit.ly/2SKuQPz>
- STIs still matter, even during #COVID19:
 - If you have STI symptoms, seek care right away.
 - If you are being treated for an STI, complete meds & care w/ your provider.

- If you are living w/ HIV or on PrEP, talk with your provider about safely accessing meds, screening, & services.
- With #COVID19 are you wondering how to get your next birth control refill? Telehealth is an option! Have questions? @Bedsider is here to help: <https://www.bedsider.org/features/1436-what-telehealth-is-and-isn-t-and-why-you-should-use-it-to-get-your-birth-control>
- Want to access birth control to help you plan and prevent pregnancies? During #COVID19, there are still many options for doing so, including via phone or video appointments. <https://www.insider.com/how-to-get-birth-control>
- It's key to stay on top of your birth control during #COVID19 and there are ways to do so! @Bedsider's list of nine ways to get birth control delivered to your door is a good place to start: <https://www.bedsider.org/features/851-how-to-get-birth-control-delivered-right-to-your-door>
- No glove, no love—even during #COVID19! Remember, you can order condoms online or pick them up at your local store when shopping for essentials.

Relationships

- Living apart from your partner(s) under stay-at-home orders? You can still be connected & have fun! You could try: phone calls, texting or sexting; online video date nights watching movies or TV together; playing online games; or even cooking together. #COVID19
- If you're living apart from your partner(s) during stay-at-home orders, you can still get sexy and intimate! Sexting and video/phone dates are a great way to stay connected. Here's how to do it safely: <https://www.insider.com/how-to-sext-safely-experts-2019-4>
- #COVID19 relationship reminders:
 1. Carve out time for yourself.
 2. Don't forget to plan quality time with your partner, too.
 3. Be kind to each other. This is a stressful time.
 4. It's normal to disagree from time-to-time, but try to do so fairly.<https://bit.ly/3c95BoO>
- Too much time together with your partner at home? And other family members, too? Be sure to spend time on your own & do things you enjoy, like taking a walk, reading, doing art, talking with friends or just watching a favorite TV show. #COVID19 <https://www.forbes.com/sites/erikaboissiere/2020/03/19/covid-19-lock-down-how-to-manage-your-relationships-in-tight-quarters/amp/>

- Spending more time with your partner at home due to #COVID19? It's a great time to work on your relationship. First, you need to know what a good one looks like. Learn about the 7 key ingredients from @NCSH_ <https://fiveactionsteps.org/4>
- With #COVID19, some of us are spending a lot more time with our partner(s). Remember to value each other's differences and similarities. Get more tips on keeping relationships strong from @NCSH_: <https://www.fiveactionsteps.org/4>
- Looking for relationship advice amid #COVID19 lockdowns? Every couple argues from time-to-time, but try to avoid name-calling or saying things just to make your partner angry. Checkout tips from the @NCSH_ on how to disagree fairly. <https://www.fiveactionsteps.org/4>
- It's ok if your sex life is not all you want it to be during #COVID19. Living through a pandemic is stressful! You might want to talk about your desires or try something new. And if you have mismatched sex drives, talk about that, too. <https://bit.ly/2zBoDOV>
- Is your partner driving you crazy? US TOO. No matter how much you love them, being with a partner 24/7 can be stressful. @NCSH_ has some relationship tips to help: <https://www.fiveactionsteps.org/4>
- If you're struggling in your relationship under stay-at-home orders, we get it! Spending so much time together in close quarters can be hard. If you want support, consider online or phone counseling. Find a counselor here: https://www.aamft.org/Directories/Find_a_Therapist.aspx

Abusive Relationships

- If you're in an abusive relationship, being on lock-down with your abuser(s) can be even more challenging. This is also true if your family mistreats you because of your sexual orientation or gender identity. For support, you can live chat with @ndvh: <https://bit.ly/2SkO1ix>
- If you are in an abusive relationship, think about putting a buddy system in place during #COVID19 stay-at-home orders. Have 1 or 2 trusted people you can contact with a code word to warn when you are in trouble and need help. More here: <https://bit.ly/3c95BoO>