

# THE SEXUAL EXPERIENCE DURING COVID-19

A healthy relationship with your sexuality is good for your well-being. How do we maintain physical intimacy while adhering to COVID-19 guidelines?

A sexual experience is a complex interplay of **physical, visual, auditory, and psychological** stimuli.

None of these require the immediate presence of another person.

Take this time to explore your own body and desires by masturbating!

Learn more about sex and desire through books, podcasts, and more.

If you have a partner or partners, **communicate openly** about risks.

Remember that your choices of close contacts not only impacts you, but those in your bubble as well.

Communicate often with those in your bubble.

## DID YOU KNOW?

With sudden changes, such as the COVID-19 pandemic, your desires might change. For example, high stress may generate a need for immediate pleasure.

Sources:  
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