

Live Well, Be Well

Title: **Frisky, Not Risky: Safer Sex & COVID-19**

Episode host:

- Bria

Projected completion date:

- Please send to me no later than **COB Friday, July 31st**

Projected release date:

- August 7, 2020

Introduction

Welcome to Live Well, Be Well! A podcast where we speak candidly about all things wellness! My name is **Bria Hamlet**, pronouns are **she/her**, and I'm a **Health Educator with a focus on Sexual Health** (insert *title, role, or position*) at UC San Diego.

On this episode of Live Well Be Well, we'll be discussing **seven tips and strategies to reduce your risk of COVID-19 and other undesirable consequences of hooking up (aka - having sex)** (insert *a brief blurb on what the episode is about; example: "we'll be discussing ways that we stay connected with our friends, peers, and loved ones in a time of social distancing and virtual learning"*).

So we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let's get started!

Coronavirus brought the world to a near halt for many months, but new guidance and soft openings mean people are mingling again. Are you thinking about finally connecting with that person you've been getting to know virtually? What about reconnecting with an old flame? Today I have 7 tips to help you stay safer as you navigate the sexual landscape during the time of COVID-19.

1. *Try to maintain social distance from others for at least two weeks before meeting up with a new partner (P.S. - they should do the same!)*
 - a. *Please keep in mind that coronavirus does have an incubation period, meaning it is in your system before you're aware of it and some folks, most folks in fact, will have an asymptomatic infection.*
2. *Stock up on your safer sex supplies - that includes condoms, lube, birth control and masks!*
 - a. *Condoms are available for free at Student Health Services.*
3. *Get tested for STIs and Coronavirus before hooking up; consider having your results on hand in case your partner asks about them.*
 - a. *You can get tested at Student Health Services, and if you're in the community, visit [gettested.cdc.gov](https://www.gettested.cdc.gov) to find a clinic near you.*

Live Well, Be Well

4. *Talk to your partner(s) about their status - have they been tested for STIs? What about Coronavirus?*
 - a. *It's important to ask your partner about their status so that you're both aware of what you're going into prior to hooking up; that way you can keep each other safe.*
5. *Limit (or even avoid) kissing - this is a great time to explore other forms of intimacy!*
 - a. *You can explore each other's erogenous zones or you can try kisses on the forehead or cheek.*
6. *Consider leaving your mask on during sex (hey - it could make things interesting!)*
 - a. *Cloth masks are safe enough to use during sex, so there's no need to breakout an N95.*
7. *Wash your hands (and body) before and after sex.*
 - a. *It's important to also urinate after sex as well to reduce your risk of STIs and other opportunistic infections that might occur in your urethra.*

Closing

So that concludes this episode of Live Well Be Well! If you like what you heard and would like to learn more about topics related to health and wellness, there's much more to come! Be sure to check out our website healthpromotion.ucsd.edu and follow us on Instagram and Facebook under **UCSD Health Promotion Services**. Stay tuned for our next episode of Live Well, Be Well.

Until next time, be kind, be true, be you. And remember, to be well is to live well.

General notes and guidelines:

- You can select one person to be the moderator, you can take turns asking each other questions, and/or you can share the floor to discuss your experience with XYZ. For example, if you're discussing how to stay motivated with online classes (Zone interns), one person can discuss their experiences and suggestions and another person can do the same. Or one person can take the lead asking the other questions.
- The episode should be less than or equal to 10-12 mins
- Please be mindful of what you say and how you present yourself. This is a department-sponsored podcast so we need to ensure that the content is aligned with our goals of promoting health and wellness as it relates to behaviors, attitudes, and perceptions. Please do not use explicit language or advocate for or suggest engagement in for unhealthy behaviors (e.g., "one of the ways that I like to destress and relax is smoking cannabis and drinking a 6 pack")
- Once you have recorded, please send me the file and I will insert the opening and closing music, as well as schedule its release date.

Live Well, Be Well
