

Dating During COVID-19

What is COVID-19?

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms of human coronaviruses may be very mild or more serious, such as:

- Fever
- Cough
- Difficulty breathing

How is COVID-19 transmitted?

COVID-19 is spread from an infected person through:

- Respiratory droplets from coughing or sneezing
- Close personal contact, such as touching or shaking hands
- Touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

Dating During COVID-19

- Consider Facebook or Zoom dates before deciding if you would like to meet someone in person
- Consider texting, sending voice notes, etc. to communicate with people of interest
- Limit the number of new people that you date in person
- Focus on the positives: virtual dating removes the need to coordinate logistics of in person meetings such as deciding on a location, transportation, and more!
- If you choose to meet in person, practice social distancing or meet outside as much as possible until you'd like to get physically closer, for example: picnic in a park, walk at a beach, patios, etc.
- Follow public health recommendations such as social distancing and frequent hand washing or use of hand sanitizer
- View our Facts Sheet on Safer Sex During COVID-19

Continue to Access Sexual Health Services

You can still access STI testing and treatment and birth control during COVID-19. Phone your doctor or health care provider to schedule an appointment; or visit a community health clinic.

Questions?

Sexual health questions can be emailed to: thefactsoflife@serc.mb.ca. Questions will be answered within two business days.

Additional Resources

For more information on COVID-19, visit:

- <https://www.catie.ca/en/covid-19-resources>
- <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/about-coronavirus-disease-covid-19.html>
- <https://www.gov.mb.ca/covid19/index.html>
- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>
- <https://sharedhealthmb.ca/covid19/screening-tool/>
- <https://www.gov.mb.ca/health/familydoctorfinder/>
- <https://www.gov.mb.ca/health/primarycare/index.html>

Note: There is currently little research on COVID-19 and sexual transmission. This Facts Sheet may be updated as more information becomes available.