

Everyone should be informed of the facts of COVID 19. **We are all in this together.**

MYTH

Increased sexual activity prevents/treats COVID-19 as it heats the body.

FACT

Sex or other measures to “heat the body” will not prevent or treat COVID-19. In addition, unprotected sex carries the risk of HIV and other sexually-transmitted diseases.



We protect each other by: practicing physical distancing, staying at home (if you don't feel well)



Frequent handwashing with soap for at least 20 seconds



Wearing a cloth covering over our nose and mouth in public places



Coughing or sneezing into your elbow



Practice physical distancing by maintaining 1 metre distance between you and others



Avoid touching your eyes, nose and mouth



Stay at home if you feel sick