

Tips for sexworkers: This is how you can work safe during the coronavirus

In order to prevent yourself and your clients from getting infected with the coronavirus, it is essential to pay attention to hygiene. This flyer tells you how you can do that.

General measures

- Do not work when you have symptoms. Go home when you have symptoms such as sneezing, coughing or shortness of breath, or if one of your flatmates has one of these symptoms or a fever.
- With each client do the health check to make sure he is healthy. When you make an appointment with a client via the phone, you can already ask these questions.
- You can find the questions of the health check to the right.
- Do not let a client in your room if he answers at least one of the questions with 'yes'. Ask him to come back another time.
- Ask every client to wash his hands when he enters the room.

Personal measures

Respect the rules below:

- Try to keep 1,5 meters distance from other people as much as possible;
- Wash your hands regularly. In this flyer you can also find information about how you can do that the right way;
- Sneeze and cough in the inside of your elbow;
- Use paper tissues to blow your nose and throw them away immediately. Wash your hands after blowing your nose;
- Do not touch your own or other people's mouth, nose and/or eyes or.

Mask and gloves?

If you follow the advice in this flyer, you do not need to wear a mask or gloves.

Health check

Ask your client the following questions:

Did you have at least one of the following symptoms in the past 24 hours? Coughing, symptoms of a cold, high temperature of fever, shortness of breath, loss of sense of taste and/or smell.

Do live together with someone who has fever and/or shortness of breath?

Were you diagnosed (by a laboratory) with the coronavirus in the past 7 days?

Do you have a family member or flatmate who has the coronavirus and you had contact with him/her while he/she still had symptoms?

Are you currently in quarantine because you were in contact with someone who has been diagnosed with the coronavirus?

Making agreements

Make agreements with your client about the things you are or aren't willing to do.

What is advised not to be done

Try to stay away from the breath of your clients.

That means:

- Do not kiss with clients;
- Do not touch a client's face;
- Don't do positions where you are looking at each other.

What you can do

- Blowjob and jerking off;
- Positions where you are not looking at each other. Such as 69, doggy style, reverse cowgirl;
- Use sextoys.

Warning: always use a condom when doing any of the above.

Cleaning

- Clean surfaces, such as your bed, with an all-purpose cleaner. Use a cleaner in a spray bottle and paper towels which you can throw away after use.
- Clean surfaces, which are used or touched regularly, a few times a day. Think of: used materials, taps, door handles, etc.
- Make sure you change the bedlinen after every client and that you clean the mattress with an all-purpose cleaner.
- More information about how you can sanitize, you can find in the flyer 'cleaning and disinfecting'.

The hygiene of your hands

Always wash your hand with water and soap. You can read it later on in this flyer how you can do that the good way. Dry your hands with paper towels, which you should throw away immediately.

It is important that you and your client wash your hands at the following moments:

- Before and after a client;
- When your hands look dirty;
- When your hands feel sticky;
- After you used the toilet;
- If your hands were exposed to bodily fluids, such as coughing, sneezing, or blowing your nose;
- Before and after preparing food;
- After cleaning;
- After taking off gloves.

More information (in Dutch):

Health check

<https://www.rivm.nl/documenten/gezondheidscheck-contactberoepen-0>

General hygiene rules for sexbusinesses

- <https://www.rivm.nl/hygienerichtlijn/n/seksbedrijven-sekswerkers>

Information for people with jobs requiring physical contact

- <https://www.rivm.nl/coronavirus-covid-19/werk/contactberoepen>

Getting tested for corona

If you have mild symptoms (coughing, cold and/or fever), you can get tested for corona.

Call this number to make an appointment:

0800-1202

More information:

www.ggdhaaglanden.nl/coronatest and

<https://www.rijksoverheid.nl/onderwerpen/coronavirus-covid-19>.

Centre for Sexual Health (Centrum voor seksuele gezondheid - CSG)

Do you have questions about your sexual health or you want an STD test? Call the CSG: (070) 353 66 88