

How can I protect myself from COVID-19?

GLSEN[®]

This factsheet was co-developed with GLSEN's community of educators and students.

COVID-19?

COVID-19 is a new coronavirus that causes respiratory illness. This illness may cause a fever, cough, and sore throat. It can also cause pneumonia and other complications.

It is spread from person to person through droplets that are coughed or sneezed into the air. It can also be spread by touching surfaces that have been touched by someone who has the virus.

19.

The virus can be shared through saliva or mucus. This means it could be shared through kissing.

It can also be shared through coughing or sneezing. This means it could be shared through sharing a drink or eating together.

If you have symptoms that could be from COVID-19, you should get tested for the virus. If you have COVID-19, be sure to tell your partners, either in person or online.

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mes, movies or playing

[How to find LGBTQ+ affirming health care services](#)

[If you can't find an LGBTQ+ affirming health care provider, here are the Traver Point:](#)

affirming health care services?

Taking care of your sexual health is important, even during COVID-19. Services could include STI testing and other services. Care might vary during this time.

(telehealth). This “no-touch” Some providers are also offering in-

In- treatment and/or have emergency

To help you find LGBTQ+ friendly health care services, we've created a

Find out more about [COVID-19 tips for the LGBTQ+ community](#).

To learn more about COVID-19 and [GLSEN's COVID-19 and GLSEN's Services page](#).

COVID-19 and LGBTQ+ Affirming Services

We've now found many [COVID-19 and LGBTQ+ Affirming Services](#)

The [COVID-19 and LGBTQ+ Affirming Services](#)

[The Coronavirus \(COVID-19\) Guide](#)

[Blog Post: “Supporting Providers and Patients in COVID-19”](#)