



## FAQ: Dating During COVID-19

Dating is a natural and common personal decision to make and that emotional connection doesn't need not be abandoned, just looked at differently during COVID.

It's normal to be confused and feel frustrated to see and to hear that young people are at lower risk for complications from COVID-19 and yet be isolated from all your friends because of social distancing or quarantine.

Social distancing is the act of physically separating yourself to stop the spread of infection. This means staying six feet away from people if it is necessary for you to go out.

Quarantine is what you must do if you were exposed to the virus or had close contact with someone who has tested positive. This means cutting off physical contact with almost everyone for two weeks, staying home and doing classes online.

This makes it hard to date or meet new people. Connecting with old friends or making connections with new people is important to our sense well-being but it is just as important to do it in a safe way.

Ultimately, dating is a choice and if you choose to at this time, these are some facts you should know:

### 1) How does COVID-19 spread?

- You can get COVID-19 from close contact with a person who has it. The virus spreads through particles in the saliva, mucus, sneezes, coughs or breath of people with COVID-19, even from people who do not have symptoms.
- If you ignore social distancing, you could unknowingly be passing the virus to other people who could get very sick from the virus like parents, grandparents or someone who has a medical condition like asthma or cancer.

### 2) What are the symptoms of COVID-19?

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat



- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Symptoms may appear 2-14 days after exposure to the virus. People of all ages can get COVID-19 but it's important to remember that many times, young people who get the virus don't show any symptoms.

### 3) How can you minimize the risk of infection?

- Practice physical distancing – stay six feet apart
- Wear a mask at all times when outside your home
- Stay home as much as possible

### 4) What are some safer ways to date during covid-19?

- **Contact via social media:**
  - It is always smart to remember basic online safety rules, including making sure you keep an appropriate adult informed of what you are doing online.
- **Make a “virtual” date:**
  - Tour a museum together.
  - Make some popcorn and stream a movie together via Zoom
  - Zoom a candlelight meal together
  - Play a board game via Zoom
- **If you have an in-person date:**
  - Arrange to meet at a park or other outdoor space for a walk or a hike
  - Have a meal or a coffee at a restaurant that has a patio with appropriate physical distancing
  - Avoid big groups and crowds, especially if many people are not wearing masks
  - Avoid enclosed spaces where physical distancing is not possible

**It can be awkward or embarrassing to ask someone questions about their health status, but it is important to do so to reduce the spread of COVID-19. It helps to think of it in terms of protecting yourself and the safety of your family and friends. You should ask these questions and be willing to answer them honestly as well!**

#### Questions you should consider asking before making an in-person date:

- What is your COVID-19 status? Have you been tested?
  - It is important to ask people what their exposure level has been. Have they been tested for COVID-19 or have they been exposed? Have they exhibited any symptoms?
- What have you been doing the past 14 days?



- You should also ask both what they have been doing and who they have been spending time with. They may live with a family member who is an essential worker or perhaps they have been flouting some of the guidelines that you strictly adhere to. You should also be honest with them about your activity and interactions. Dating or hookup history is a relevant subject to address. If they've been going on several in-person dates over the past 14 days, this will increase your exposure risk as well.
- Do you wear a mask?
  - The answer to this question will tell you a lot. Wearing masks is critical for stopping the spread of COVID-19. If you are someone who wears masks, but your date doesn't do the same, that will give you insight into their views on health and safety. If you have been cautious during the pandemic, it is important to know if someone you're talking to shares the same values before you consider exposing yourself.

**After your in-person date:**

- monitor yourself for symptoms
- considering getting tested
- take extra precautions around those at high risk by being extra vigilant with hand washing and wearing a mask

**Resources for Youth and Young Adults**

- Love Is Respect: [www.loveisrespect.org](http://www.loveisrespect.org) | Call: 1-866-331-9474 | Text: loveis to 22522 | Chat via website
- Tips of safe online dating: <https://www.safety.com/10-online-dating-safety-tips/>
- Tips for teens: <https://staysafeonline.org/blog/7-rules-teens-follow-online-dating/>
- National Domestic Violence Hotline: [www.thehotline.org](http://www.thehotline.org) | Call: 1-800-799-7233 | TTY: 1-800-787-3224 | Chat via website

\*\*\*\*Article with list of virtual museum tours:

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>