

# Advice about preventing COVID-19 when selling or trading sexual services

This guide is based on the Norwegian Institute of Public Health's template for industry standards in connection with the COVID-19 pandemic (published 13 October 2020).

The Norwegian Institute of Public Health and the Directorate of Health have been involved in the development of this guide.

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## About the virus, the disease and the outbreak

COVID-19 is a disease caused by the SARS-CoV-2 virus, commonly known as novel coronavirus. The virus can cause a respiratory infection that can be more or less severe. It is mainly transmitted via droplet infection, and an infected person sheds the virus particles through small droplets from their nose and mouth when talking, coughing or sneezing. If the virus particles come in contact with the mucous membranes of the eyes, nose or mouth of another person, the infection may spread. Infection may also spread through touching surfaces with virus particles on them. From there, the virus can be passed to the mucous membranes of the eyes, nose or mouth (contact infection). Coronavirus can be transmitted by kissing. It is not yet known whether coronavirus can be transmitted sexually. People infected by the virus can be asymptomatic, but may still pass the infection to others.

The virus is destroyed by soap and water, by alcohol-based disinfectants (such as hand-sanitiser), and is destroyed at temperatures above 60°C. The virus dies more quickly outdoors than indoors.

## Target group and purpose

**Who is the guide intended for and what does it cover?**

This guide applies to persons of all genders who sell or trade sexual services in Norway, regardless of their residential status. In this context, the sale and trade of sexual services is understood as business.

The guide applies only to the sale or trade of sexual services where the buyer and seller meet physically.

## Purpose of the guide

This guide provides advice on how you can prevent the spreading, and being infected with coronavirus. The aim is to protect both you and your customers from infection. Even if you follow this advice; there is still a risk that you may become infected with the virus.

## Responsibility

Everyone who stays in Norway has a responsibility to help reduce infections by following the basic infection control measures. Central advice includes staying at home when you are sick, social distancing and washing your hands frequently. On a national level, the most important measures include; testing, contact tracing, quarantine and isolation.

National and local laws, regulation and rules must be followed, and outweigh the advice that is given in this guide. Breaching national or local regulations and laws may result in a fine.

Do not sell or trade sex if you are in quarantine, isolation or have any symptoms (fever, sore throat, cough etc.). You are personally responsible for selling/trading sex in a way that meets the basic requirements for preventing and stopping the spread of coronavirus.

An overview of the national rules and regulations can be found here:

<https://www.helsenorge.no/koronavirus/oversikt-over-regler-og-anbefalinger/#nasjonale-regler>

You should also familiarise yourself with the infection control rules and regulations in the municipality you are living or staying in. You can find these here:

<https://www.helsenorge.no/koronavirus/lokal-koronainformasjon/#>

## Advice

Below, we list advice for how to sell or trade sex in a way that can prevent the spreading, or being infected with, coronavirus. We are aware that your social and economic situation can make it difficult to follow the advice properly, but try your best in your particular circumstances. Do not hesitate to get yourself tested for coronavirus, and try to do this on a regular basis.

### General advice for preventing infection

- Keep at least one meter, but preferably two, from others
- Cough into a paper tissue or your elbow
- Wash your hands frequently and thoroughly with soap and lukewarm water, or use hand sanitiser
- Come up with alternatives to shaking hands and hugging
- Cancel your appointment with the customer if you have a cough, fever or runny nose

### When you make an appointment with a customer

- When you make an appointment with a customer, explain your infection control measures to them, and make sure they understand and accept them
- Ask the customer whether they have travelled abroad recently
- Ask the customer whether they are in quarantine or isolation, and whether they have a fever or symptoms of respiratory infection (sore throat, coughing etc.)
- Ask the customer whether they have come into contact with persons who have or are suspected of having COVID-19
- If the customer is in quarantine or isolation, or has a fever or symptoms of respiratory infection, explain to them that you will not be able to provide physical services
- Accept only one customer at a time. Only you and the customer should be in the room in which the service is being provided
- Keep a record of who you have been with, so that they can be notified if you are diagnosed with COVID-19

#### Before the customer arrives

- Clean all surfaces with soap and warm water; it is advisable to use an alcohol-based disinfectant as well
- Take a shower and make sure you are clean
- Make sure you have plenty of clean bed linen and towels. It can be a good idea to use disposable towels
- Air out the room in which the sexual service will be provided

#### When the customer comes to you

- Ask the customer to leave if they turn up with symptoms such as a cough, fever and runny nose
- Ask the customer to wash their hands or use hand sanitiser as they enter the premises
- Wash your hands or use hand sanitiser after you have touched money, the customer's clothing or other property. Your customer should do the same
- Ask the customer to shower upon arrival
- Wear a face mask when appropriate
- Avoid face-to-face contact wherever possible
- Try to avoid touching your eyes, nose and mouth
- Cough into your elbow or cover your mouth and nose with a paper tissue. Wash your hands immediately
- Avoid sharing food, drinks, cigarettes, poppers, sex toys that cannot be washed between each use, straws for snorting drugs, e-cigarettes, joints, pipes, bongs, etc.
- Except when the sexual service is being provided, keep your distance from each other, at least one metre and preferably two

#### When you visit the customer

- If the customer has symptoms such as a cough, fever and runny nose, then cancel the appointment. Explain this to the customer in advance
- Wash your hands or use hand sanitiser when you enter the property. Ask the customer to do the same
- Wash your hands or use hand sanitiser after you have touched money, the customer's clothing or other property. Your customer should do the same
- Ask the customer to air out the room in which the sexual service will be provided
- Ask the customer to shower
- Wear a face mask when appropriate
- Avoid face-to-face contact wherever possible
- Try to avoid touching your eyes, nose and mouth
- Cough into your elbow or cover your mouth and nose with a paper tissue. Wash your hands immediately
- Avoid sharing food, drinks, cigarettes, poppers, sex toys that cannot be washed between each use, straws for snorting drugs, e-cigarettes, joints, pipes, bongs, etc.
- Except when the sexual service is being provided, keep your distance from each other, at least one metre or preferably two
- Wash your hands or use hand sanitiser/disinfectant wipes after leaving the customer's premises

#### When you meet the customer outside or in a car

- Wipe down car door handles, etc. using disinfectant wipes when possible
- Use hand sanitiser/disinfectant wipes on your hands and wet wipes on your face
- Use hand sanitiser/disinfectant wipes after you touched money
- Wear a face mask when appropriate
- Avoid face-to-face contact wherever possible
- Try to avoid touching your eyes, nose and mouth

- Cough into your elbow or cover your mouth and nose with a paper tissue. Use hand sanitiser/disinfectant wipes on your hands immediately
- Avoid sharing food, drinks, cigarettes, poppers, sex toys that cannot be washed between each use, straws for snorting drugs, e-cigarettes, joints, pipes, bongs, etc.
- Use hand sanitiser/disinfectant wipes on your hands and wet wipes on your face after leaving the vehicle

#### When the customer has left

- If possible, have a shower and change your clothing
- Wash bedlinens and towels that has been in contact with you and your customer. Do not re-use towels or bed linen
- Wash and disinfect sex toys
- Wipe down door handles, light switches, showers, toilets and other surfaces you have been in contact with
- Wash your hands thoroughly after cleaning, even if you wear gloves
- Thoroughly air out the room in which the sexual service was provided

### Useful information

Norwegian Institute of Public Health

<https://www.fhi.no/sv/smittsomme-sykdommer/corona/>

Norwegian Directorate of Health

<https://www.helsedirektoratet.no/tema/beredskap-og-krisehandtering/koronavirus>

Helsenorge

<https://www.helsenorge.no/koronavirus/rad-for-koronahverdagen/>

### Useful contacts

The organisations listed below assist persons of all genders who sell or trade sexual services in Norway, regardless of their residential status. They offer health and social care services, support counselling, advice and guidance. From them, you can also get information about current infection control regulations and entry conditions, as well as free condoms, lubricant and hand sanitiser.

**Albertine**, Stavanger: Tel.: +47 9185 8305 / WhatsApp: +47 9185 8305

<https://kirkensbymisjon.no/albertine/>

**FRI, Church City Mission**, Bergen: Tel.: +47 9662 4679 / WhatsApp: +47 9662 4679

<https://kirkensbymisjon.no/fri-tiltak-for-ofre-for-menneskehandel/>

**Nadheim**, Oslo: Tel.: +47 2205 2880

<https://kirkensbymisjon.no/nadheim/>

**Nadheim**, Trondheim: Tel: +47 4587 7819 / WhatsApp

<https://kirkensbymisjon.no/nadheim-trondheim/>

**PION**, Sex Workers' Interest Organisation in Norway, Oslo: Tel.: +47 9006 3558 / WhatsApp or +47 9181 2248 / WhatsApp  
<http://www.pion-norge.no/>

**Pro Sentret**, Oslo: Tel: +47 2310 0200 / WhatsApp: +47 4764 9177 or +47 4767 0542  
<https://prosentret.no/>

## **Change log**