



SWARM

Sex Worker Advocacy and Resistance Movement

Sex Worker COVID-19 Support Doc

Below are some resources we at SWARM have compiled that may be of use to sex workers seeking information for navigating the current situation with COVID-19. Please keep in mind that whilst we have tried to source the most relevant information to hand, SWARM is a volunteer-run collective and we aren't experts on health, finance, mental wellbeing, bureaucracy etc. There is a lot of conflicting advice circulating, particularly around best practices around physical health. Therefore, please consider this a rough guide - read all information critically, and from as many different sources as you are able to. Another good document is [this one](#) 'Sex Worker Harm Reduction Resources (U.S. Based)' compiled by COYOTE.

If you have any other links that you feel may be of use to the wider sex worker community at this time, please email contact@swarmcollective.org and mention 'COVID GUIDE' in the title.

Limiting transmission risk at work

- [Corona-Virus: What Sexworkers* \(and Everyone Else\) Should Be Aware of Now](#)
- [Information](#) on sex/kissing and increased transmission risks. The most important advice is to communicate about symptoms before engaging in any close contact. If you email or call clients before a booking, be clear that they should postpone if they have any cold or flu-like symptoms. Encourage honesty by allowing last-minute postponements. Make sure that every client washes their hands and face at the start of a booking
- Always wash your hands or use hand sanitiser [after handling cash](#), and after using hand sanitiser, do not apply moisturiser immediately as this can compromise the effectiveness.

- If working from an incall or hotel, put on gloves and [clean thoroughly](#) before and after every client. Focus on frequently touched surfaces such as doorknobs, light switches, sink, table tops, etc. The best disinfectant is 70% alcohol solution or diluted bleach. Completely change and launder linen, if possible
- [How to Have Sex in the COVID-19 Coronavirus Pandemic](#)
- [VICE: Can coronavirus be spread via kissing?](#)

Work and financial hardship

- Touring - live tracker for regional infections [DESKTOP](#) / [MOBILE](#)
- Hotels may close - keep an eye on developments in news re: hotel closures before you take a financial risk.
- [Information](#) about Airbnb's updating extenuating circumstances policy about cancelling any existing bookings and claiming refunds
- Practical info for starting up an OnlyFans [here](#) and [here](#) (non sex worker specific advice in the latter); Access to a NiteFlirt tutorial doc [here](#) - Information on camming [here](#).
- New [information](#) about changes to claiming benefits during coronavirus
- List of [independent food banks](#) in the UK & list of [Trussell Trust food banks](#) [here](#)
- The [Good To Go](#) app is a good source of very affordable food from local restaurants, created to combat food waste. Note, this app works best in larger cities.
- Lists of regional (and London Borough specific) mutual aid groups can be viewed [here](#) and [here](#). A [nationwide](#) group has also been established. These are mainly focused on practical help (e.g. getting groceries for people who are self-isolating) and emotional support
- [Queercare](#) provides assistance for immunocompromised, asthmatic or otherwise at additional risk from COVID-19 to access resources and support via mutual aid.
- [Check](#) if you are eligible for a repayment holiday on mortgage payments and loans. Some banks are offering this
- MoneySupermarket have a really comprehensive, constantly updated Know Your Rights [guide](#) to financial issues including sick pay, childcare entitlement and benefits.
- [UMBRELLA LANE](#) - Sex worker hardship fund (Scotland only)

Health - Physical

- [NHS guidance](#) on when to self-isolate, including symptoms to look out for and what to do if you start feeling worse
- [Self care for when you actually have COVID-19](#) - Have at least 24 hours worth of cough mixture and paracetamol in the house.
- [Guidance from government on self isolating at home](#)
- [Comprehensive guide to reducing the spread of the virus](#)
- [Practical Checklist](#)

- [Create a household plan of action](#)
- Covid 19 guidance for people who use drugs
<https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>

Health - Mental Wellbeing

- Set a limit on internet usage and news intake - try the [Pomodoro](#) method to moderate how long you're stimulating your nervous system in front of a screen
- Meditation
 - FREE guided meditations about Coronavirus Anxiety [here](#)
 - [Insight Timer](#) - free meditation app
- Keep moving, even just to get up and stretch for five minutes every hour - movement will help to relax your nervous system and improve general immunity . The [Down Dog yoga app](#) is currently free, as well as [Yoga With Adrienne](#) and there are many other at-home exercise options on youtube
- [Mental Health and Coping During COVID-19 | center for disease control](#)
- [Feeling Anxiety About Coronavirus? A Psychologist Offers Tips to Stay Clearheaded](#)
- [Advice for people who are HIV+](#)
- If you need a distraction during social distancing: Free classes in a range of topics are available [here](#)
- For those already in therapy ask if you therapist is willing to work remotely (online or via the phone, or via email) so you can continue to access that support
- Calm (<https://calmharm.co.uk/>) is a free app to help with self harm urges (recommended by the NHS)
- Big White Wall is an online support community that also has therapists available for anxiety and low mood (<https://www.nhs.uk/apps-library/big-white-wall/>) (might need a GP referral to use, but some postcodes can join for free)
- Self-Help for Anxiety Management (SAM) app (free on ios and Android) (<https://sam-app.org.uk/>) for anxiety management
- Here is a webpage with a list of 25 different mental health apps, for help with crisis/anxiety/eating disorders/addiction/PTSD and more: [Top 25 Mental Health Apps: An Effective Alternative for When You Can't Afford Therapy?](#)
- [Coronavirus: How to protect your mental health](#)

For parents and carers

- [Talking to Kids About COVID-19](#)
- [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019](#)
- [How to avoid transmission when a member of your household gets sick](#)

- [Create a household plan of action](#)