



# 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](mailto:contact@swarmcollective.org) and mention 'COVID GUIDE' in the title.*

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### 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)
- [FREE copywriting services for sex workers](#)

## 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](#)