

CHLAMYDIA

What is Chlamydia?

Chlamydia is a sexually transmitted disease (STD) caused by a bacteria called Chlamydia Trachomatis. Chlamydia is spread by having penile/vaginal intercourse or penile/rectal intercourse with someone who has Chlamydia.

Who gets Chlamydia?

You can get Chlamydia if:

- You have had one or more sexual partners
- Your partner has had one or more sexual partners

Individuals 15-24 years old are most at risk for contracting chlamydia.

What are the symptoms?

Most people do NOT have any symptoms.

If symptoms are present they may not appear until three weeks after exposure and may include:

For women:

- Increased vaginal discharge
- Bleeding between periods
- Spotting after vaginal sex
- Mild discomfort with urination

For men:

- Burning with urination
- "Something doesn't feel right"

Symptoms can be so mild that you may not know that you have Chlamydia.

How do I get tested for Chlamydia?

For women a urine sample or cervical swab is sent to a laboratory to be tested. For men a urine sample is sent to the lab. Results are usually back from the lab within one week.

How do I treat Chlamydia?

Chlamydia can be cured with an antibiotic. Anyone that you have had sexual intercourse with in the past 90 days should be tested and treated as well. It is very important that after taking this antibiotic you do not have sex for seven days.

Are there complications?

If you become infected with Chlamydia more than once or if you have Chlamydia for a long time without being treated for it, you may develop Pelvic Inflammatory Disease (PID). PID is an infection of the uterus, fallopian tubes and ovaries that can lead to scarring of the fallopian tubes and tissues, which can result in infertility.

Women who do not develop PID are still at risk of having their fallopian tubes and ovaries scar as a result of a Chlamydia infection. PID does NOT need to be diagnosed in order for Chlamydia to affect a woman's ability to have children.

How do I avoid getting STDs if I choose to be sexually active?

There are many methods available, but only you can choose what is right for you. Some options include:

- Having yourself and your partner screened, before starting a sexual relationship.
- Maintaining a mutually monogamous relationship with partner who has been tested for STDs.
- Proper condom use every time you have sex.

Remember

It is your body and your choice. If you choose to be sexually active, be proactive. Use birth control consistently and correctly to decrease the chance of an unplanned pregnancy, and use condoms to reduce your risk of getting a STD. Also, remember that alcohol and other drugs do affect your decision-making.

