

Chlamydia

What is chlamydia?

- **Chlamydia** is an STI (sexually transmitted infection) that a person can get through oral, vaginal, or anal sex.

Who can get chlamydia?

- Anyone can get chlamydia. It doesn't matter the gender of your partner or how many people you have sex with.

How did I get chlamydia?

- You got chlamydia from a sex partner. It can be hard to know who you got it from. If you have had unprotected sex with more than one person since you were last tested, it's very hard to know who you got the STI from.

How would I know if I have chlamydia?

- Sometimes it's hard to tell if you have chlamydia. Most people feel fine even if they have an STI. **The only way to know for sure if you or your partner has chlamydia is to get tested.**

If you do have signs of chlamydia:

Women may have:

- Discharge that is different from normal
- Pain or burning while peeing
- The need to pee often
- Light bleeding

Men may have:

- Discharge
- Pain or burning while peeing
- The need to pee often

What are the risks of having chlamydia?

If treated right away, there shouldn't be any risks. That's why we recommend that people get tested every 3 to 6 months.

If not treated, chlamydia can lead to health problems. Some of these problems can include:

- Pain and damage to pelvic and sex organs.
- Infertility (not being able to have children).
- Pregnant people who have chlamydia can pass it on to their baby during childbirth.

What is the treatment for chlamydia?

You can take medicine to get rid of chlamydia. Medicines that treat chlamydia are **Azithromycin (Zithromax)** and **Doxycycline**. These are antibiotics (medicines that help fight infections).

- Take the pills that you are prescribed. You can take this medicine on a full stomach (with food) or an empty stomach (at least 1 hour before eating or 2 hours after eating).
- You should not take this medicine if you are allergic to **doxycycline or azithromycin**.
- Take all of your pills as instructed. It is important to finish all of your pills.

After taking your medicine: Do not have sex for one week. It takes 7 days for the medicine to work.

- **Come back in 2 to 3 months to get re-tested.** This is important to make sure you haven't gotten re-infected. If you are pregnant, you need to come back in 3 to 4 weeks to get re-tested.

Protect yourself and your partners from chlamydia.

You can get chlamydia again even after it has been treated. If you have unprotected sex with someone who has it, you can get it again. **Here are some ways you can protect yourself and your sex partners from chlamydia:**

Getting tested

- It is a good idea to get tested for STIs **every 3 to 6 months**. This way if you have an STI it can be treated right away.
- **You can get tested for STIs at any of CHN's clinics.**

Telling your partners

- Sometimes it can be hard to talk with your partners about STIs. **Ask a CHN Health Educator or Social Worker for some tips.**
- If you want to tell someone that they should get tested, but don't want them to know it was you, you can go to this website: <https://www.stdcheck.com/anonymous-notification.php>. Enter their email or phone number, and they will get a message encouraging them to get tested. **The website will not let them know who sent the message.**

Using condoms

- Using condoms will help protect you and your partners from chlamydia and other STIs.

Talk to your CHN provider or health educator if you have more questions!