

WHAT YOU SHOULD KNOW ABOUT CHLAMYDIA



WHAT IS CHLAMYDIA?

Chlamydia is a sexually transmitted infection (STI) that affects millions of people every year. Chlamydia is spread by having vaginal, anal, or oral sex with someone who has the disease. Babies can get chlamydia at birth if the mother has it.

HOW DO I KNOW IF I HAVE CHLAMYDIA?

Most people with chlamydia have no symptoms. When symptoms occur, they may not appear until weeks later. Symptoms may include:

- Painful or frequent urination
- Discharge from the vagina or penis
- Anal discomfort
- Bleeding between periods (women)
- Pain during sex (women)
- Stomach or abdominal pain (women)
- Pain or swelling in the testicles (men)

SHOULD I GET TESTED FOR CHLAMYDIA?

The only way to know if you have chlamydia is to get tested at your doctor's office or an STI clinic. Your doctor may ask you to provide a urine sample or use a swab to get a sample of fluid from the cervix, penis, rectum, or throat. Getting tested and treated early is the key to avoiding major health problems later.



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For HIV/STI questions, call
800-CDC-INFO (English/Espanol)
888-232-6348 (TTY).

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CAN CHLAMYDIA BE CURED?

Taking medicine can cure most cases of chlamydia for a short time. Be sure your sex partner(s) also get treated, or you could get infected again.

WHAT HAPPENS IF CHLAMYDIA ISN'T TREATED?

Left untreated, chlamydia can cause lasting damage to the body.

IN WOMEN, IT CAN CAUSE:

- Pelvic inflammatory disease (PID), a serious infection of the sex organs
- Ectopic pregnancy, a potentially deadly pregnancy outside the uterus
- Infertility (not being able to get pregnant)
- Chronic pelvic pain

IN MEN, IT CAN CAUSE:

- Severe pain in the penis and testicles
- Sterility (not being able to father children)

In addition, babies born to mothers with chlamydia may have eye and lung problems.

IF YOU HAVE CHLAMYDIA OR ANY OTHER STI:

- Take all the medicine given to you
- Do not share your medicine
- Ask your sex partner(s) to get checked
- Do not have sex until a health care provider says you and your partner(s) are cured
- Do not try to treat yourself
- Get retested three months after treatment

YOU SHOULD GET TESTED FOR CHLAMYDIA IF:

- You or your partner(s) have symptoms of chlamydia
- You have had multiple sex partners (more partners = greater risk)
- You have another STI
- Your partner tells you they are being tested or treated for an STI

YOU SHOULD GET TESTED FOR CHLAMYDIA ONCE A YEAR IF:

- You are a sexually active woman under age 25
- You are a woman age 25 or older with new or multiple sex partners
- You are a man who has sex with other men

WHAT ABOUT HIV AND CHLAMYDIA?

Chlamydia increases the chances that HIV can be transmitted. If you get tested for an STI, it is a good idea to get tested for HIV.

HOW CAN YOU STAY HEALTHY?

The only sure way to avoid chlamydia and other STIs is to not have vaginal, anal, or oral sex. If you have sex, use a latex condom the right way every time. Have sex with one partner who has sex only with you. Use condoms unless you are sure your partner does not have chlamydia or other STIs.

Where can I learn more?

KNOW MY **STATUS**.ORG

Go to knowmystatus.org to learn more about chlamydia and other STIs and find out where to go for testing, support, and treatment in Texas.

Chlamydia information from DSHS: dshs.texas.gov/hivstd/info/chlamydia

For STI testing locations in Texas, call:

2-1-1