

WHAT YOU SHOULD KNOW ABOUT CHLAMYDIA



WHAT IS CHLAMYDIA?

Chlamydia is a sexually transmitted disease (STD) 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 STD clinic. You may be asked to provide a urine sample or the provider may 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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CAN CHLAMYDIA BE CURED?

Most cases of chlamydia can be cured by taking medicine 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 STD:

- take all the medicine given to you
- don't share your medicine
- ask your sex partner(s) to get checked
- don't have sex until a health care provider says you and your partner(s) are cured
- don't 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 STD
- your partner tells you that they are being tested or treated for an STD

YOU SHOULD GET TESTED FOR CHLAMYDIA ONCE A YEAR IF:

- you're a sexually active woman under age 25
- you're a woman age 25 or older with new or multiple sex partners
- you're 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 STD, it is a good idea to get tested for HIV.

HOW CAN YOU STAY HEALTHY?

The only sure way to avoid chlamydia and other STDs 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 STDs.

Where can I learn more?

Call these toll-free phone numbers to learn more about chlamydia and find out where to get tested for STDs in your area.

For STD or HIV testing in Texas, call:

2-1-1

For other HIV/STD questions, call:
1 (800) CDC-INFO (English/Español)
1 (888) 232-6348 (TTY)

To learn more, go to
www.knowmystatus.org

KNOW MY ~~STATUS~~.ORG

DSHS HIV/STD Program

www.dshs.texas.gov/hivstd