

What is Chlamydia (cla-MI-dee-a)?

- Chlamydia is an infection you can get in your vagina, penis, anus or throat.
- Most people with Chlamydia do not have any signs or symptoms.
- When people do have symptoms, they can be mild at first.

You may have some of these symptoms:

- Pain or burning when you urinate (pee)
- Fluid from the vagina, penis, or anus that smells or looks strange
- Bleeding from the vagina during or after sex
- Pain or tingling in the penis
- Pain in the lower belly or back, especially when having sex (women)
- A fever

Is Chlamydia serious?

Yes! If you don't get treated:

- It may be impossible to get pregnant or have babies later on.
- You may pass Chlamydia to people you have sex with.
- You can pass it to your baby during birth.
- You may feel pain in your lower belly during sex for months or even years. (women)
- You may have pain and swelling in your testicles.
- It can cause you to have a pregnancy that grows outside of your uterus, which can cause death.
- You may get other diseases more easily, like HIV.

How did I get Chlamydia?

- You got it by having vaginal, anal, or oral sex with someone who has it.
- Most people don't know they have it and you can't tell if someone has it by looking at them.
- Getting tested is the only way to find out if you have it.

What should I do now?

Chlamydia can be cured if you follow these

3 important steps:

1. Take all of the medicine your doctor or nurse gives you.
2. Make sure ALL of your sex partners from the past 2 months get medicine for Chlamydia as soon as possible.
3. Don't have sex until 7 DAYS AFTER both you and your sex partner(s) finish the medicine.
→ If you do have sex before 7 days, use a condom.

If you don't follow all of these steps, you can get Chlamydia AGAIN and it can be worse!

Many people who get Chlamydia

GET IT AGAIN:

Get tested again in 3 months!

- Having Chlamydia once will NOT protect you from getting it again.
 - Getting another infection with Chlamydia is really common.
 - Getting infected with Chlamydia again can cause a lot more harm inside your body.
 - Most of the time there are no symptoms when you get Chlamydia again.
- It is really important to come back to **get tested again in 3 months**.

Remember! It is also very important to:

- Return to the clinic if your symptoms don't go away within a few days.
- Use a condom every time you have sex so you don't get Chlamydia again.

Chlamydia

What should I know about my treatment?

DO NOT HAVE SEX UNTIL 7 DAYS AFTER YOU AND YOUR PARTNER(S) FINISH THE MEDICINE

You have been given the medicine checked below:

Azithromycin

Take all of this medicine at once, as soon as you get it.

Doxycycline

- Take 1 pill in the morning and 1 pill at night for 7 days.
- DO NOT take this medication if you think you may be pregnant or if you are nursing.
- Take this medicine with food or milk if it upsets your stomach.
- You can be easily sunburned while on this medication.

What are the possible side-effects of treatment?

If you have either of these problems, **call 911 right away:**

- Wheezing
- Trouble breathing

If you have any of these problems, **please call the clinic:**

- A skin rash or bumps
- Itching
- Vomiting (throwing up)

WHAT IF I'M PREGNANT?

- If you think you are pregnant, tell the doctor or nurse before you take any medicine.
- Tell the doctor you are seeing for your pregnancy that you have tested positive for Chlamydia.
- If you are keeping the pregnancy, you will need to get tested again for Chlamydia in **3 to 4 weeks**. This is to make sure that you are cured.
- If you do not get treated, you can pass Chlamydia to your baby while giving birth. This can cause serious eye or lung infections in your baby.

What about my sex partner(s)?

There are many ways to make sure your sex partners get medicine for Chlamydia. Here are some of them:

- Bring your partner into clinic with you when you come in for treatment.
- Ask your doctor or nurse for extra medicine to take to your partner(s).
- Ask your partner(s) to go to their own doctor to get medicine.
- Go to the website www.inspot.org to send an email telling your partner(s) they may have Chlamydia – you can do this without giving your name.

What else do I need to know?

- Chlamydia is a very common sexually transmitted infection (STI):
 - 1 in 10 girls and young women have it. Lots of guys get it, too.
- Most people with Chlamydia *do not* have any symptoms:
 - If you do have symptoms, they can show up right away or as long as 30 days after having sex with someone who has Chlamydia.
- Once you've had Chlamydia, there is a very high chance of getting it again. You might get it again:
 - If you have sex with someone who did not get treated, or
 - If you have sex too soon after you and your sex partner(s) finish the medicine, or
 - If you have sex with a new partner who has it.
- You can have Chlamydia and other STIs at the same time.

Portions of this form were adopted from the California Department of Public Health, Office of Family Planning: *Chlamydia-What You Need To Know (OF2701)*, retrieved from <http://www.familypact.org>