

# Chlamydia

## Chlamydia trachomatis



**Chlamydia is a sexually transmitted disease (STD) caused by bacteria and can be cured. It is the most common disease reported in Wisconsin. People can have Chlamydia without having symptoms for months if not treated. Women can have damage to reproductive organs. Men and women can give Chlamydia to their sex partners. You can get chlamydia over again even after treatment and chlamydia can increase the risk of you getting HIV.**



### How is it spread and who gets Chlamydia?

- ▶ Chlamydia is spread by having vaginal, anal, and/or oral sex with someone who has it. Babies can get Chlamydia during birth if the mother has it as well.
- ▶ If you have sex, you can get Chlamydia; however, there are groups of people more likely to get Chlamydia:
  - Young people who have sex.
  - If you or your sex partner have **any** STD, you can also get chlamydia.
  - If you have more than one sex partner and/or a new sex partner.



### What are the signs and symptoms?

- ▶ Most people have NO symptoms when they have Chlamydia, but find out when they get tested.
- ▶ Men and women may have a burning feeling when urinating. Women may also have a vaginal discharge and/or feeling they need to urinate more often. If you get these symptoms it is usually 1-2 weeks after having sex with someone who has Chlamydia.



### What are the testing and treatment options?

- ▶ You can get tested for Chlamydia at a doctor's office, family planning clinic, or an STD clinic. Getting tested and treated early can prevent serious problems and stop the spread of chlamydia. If you have Chlamydia, get your recent sex partners of the past three months tested AND treated. They may not have symptoms but still have Chlamydia. If you have sex with the same partner, you can get infected again unless they get tested and treated.
- ▶ You can get treated with seven days of doxycycline or a one time dose of azithromycin. Women who don't get treated can get pelvic inflammatory disease (PID) which is very painful. PID can lead to making it hard to have a baby and cause scar tissue which can lead to ectopic pregnancies. In men, it can lead to pain in the testicles and sterility.



### How can I prevent getting Chlamydia?

- ▶ There are many ways to prevent getting chlamydia and it's as easy as **ABC**:
  - A**void having sex until you feel prepared to protect yourself. For instance;
  - B**e monogamous or have sex with just one person who only has sex with you and doesn't have any STDs. You can find out if both of you have an STD like chlamydia by getting tested together.
  - C**ondoms can protect you from getting chlamydia but only where they cover. If you are not using them for oral sex, you can still get chlamydia.

