



Chlamydia Fact Sheet

What is it?

- A sexually transmitted bacterial infection (STI) caused by Chlamydia Trachomatis bacteria.
- It is among the most common STIs in the world.

How can you get it?

Chlamydia is passed through vaginal, anal or oral sex.

Some behaviours increase your risk of getting chlamydia:

- Having unprotected sex (not using condoms or dental dams);
- Sharing sex toys;
- Having multiple sex partners; and
- Having an impaired immune system.

Chlamydia can be passed even if you do not have symptoms. It is contagious until treatment is completed.

How do you know if you have it? Get tested!

Most often people do not show any signs of chlamydia. Symptoms usually appear between 2 days and 2 weeks after contracting the infection.

Symptoms may include:

- New or unusual discharge from the vagina, penis, or anus;
- A burning feeling when peeing;
- Pain in your lower abdomen / belly;
- Pain during sex; and
- Bleeding from the vagina or anus after sex.

Testing is the only way to find out if you have chlamydia.

Testing for chlamydia can be done at a health clinic by a health care provider; the procedure involves swabbing the infected area (cervix, urethra, rectum, throat) or providing a urine sample.





Treatment

Medications cure the infection completely if taken as directed.

It is always important to be open with someone you are going to have sex with. Talk to your partner about each other's sexual health before having sex.

It will be safe to have sex one week after both you and your partner(s) have completed the treatment, provided all symptoms have disappeared.

If you are treated for chlamydia and your partner(s) is not, you will probably become infected again, so encourage your partner(s) to get tested and treated before having sex.

Having a chlamydia infection that was cured does not protect you from a future infection. You can get Chlamydia again, even if you were treated and cured.

Prevention

Using condoms and dental dams properly, every time during oral, vaginal, and anal sex can help prevent the spread of chlamydia.

Get Tested before you and a new partner engage in sexual activity.

Avoid sex if you have symptoms of an STI or are being treated for an STI.

Avoid sexual contact with anyone who has symptoms of an STI or who may have been exposed to an STI.

Having multiple sex partners, increases your risk for an STI.

What happens if Chlamydia is not treated?

- Chlamydia can cause pelvic inflammatory disease. This serious infection can make it hard or impossible for a woman to get pregnant.
- Pregnant women who have chlamydia can pass it to their babies at birth.
- Chlamydia increases your risk of getting HIV if you are exposed to the virus.

