



Chlamydia

What causes it?

Bacteria called Chlamydia Trachomatis. This organism infects both men and women and is passed during sexual intercourse. It causes a wide range of infections in the reproductive organs and the urinary tract. It is one of the most common sexually transmitted infections among adolescents and young adults.

How did I get it?

You can get Chlamydia by having vaginal, oral, or anal sex with someone infected with Chlamydia. Anyone who is sexually active can get Chlamydia, however, your risk is greater if you have more than one partner, if your partner has more than one partner, and if you do not use condoms every time.

What are the symptoms?

Symptoms usually appear 1-3 weeks after having sex with an infected person. Some men and women have no symptoms.

- **Women:** moderate to heavy vaginal discharge, painful urination, bleeding between periods or after intercourse, and abdominal pain.
- **Men:** thin white-yellow discharge from the penis; burning or painful urination.



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How is it treated?

Chlamydia is often diagnosed along with gonorrhea. If this happens both infections will be treated.

Chlamydia may be treated with several different medications. The most common treatment is with Azithromycin (Zithromax) given as a single oral dose. Chlamydia leads to more serious infections including pelvic inflammatory disease (PID) and can cause reproductive organ damage if not treated.

Does my partner need to be treated?

YES. It is very important that you and your partner(s) be treated at the same time. Avoid sexual contact while being treated.

How do I reduce the risk of getting it?

- Choose abstinence and stay abstinent as long as you can;
- Limit the number of sexual partners you have for the rest of your life;
- Use condoms every time you have sex and have only one partner at a time;
- Talk to your partner about preventing STIs;
- Be tested for STIs with every new partner and/or every 6 months;
- Know the symptoms of having a STI;
- Follow the directions for treatment and follow-up with your health care provider.



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