

## **Chlamydia**

Chlamydia is the most commonly reported sexually transmitted disease (STD) in the United States. Anyone who is sexually active, no matter their gender or sexual orientation, can contract Chlamydia. It is most common in young people ages 15-24.

### **Frequent Signs & Symptoms**

There are often NO signs or symptoms. Symptoms may include:

Women:

- Abnormal vaginal discharge
- Irregular bleeding between periods
- Pain/burning sensation with urination
- Pain with intercourse

Men:

- Pain/burning sensation with urination or burning/itching around opening of the penis
- Discharge from the penis
- Scrotal pain, swelling, or discomfort

### **Causes**

Chlamydia is caused by the bacteria *Chlamydia Trachomatis*. Chlamydia is passed from one person to another during sexual intercourse. You can become infected by having vaginal, anal, or oral intercourse with a partner who has Chlamydia. Infection can occur even if your partner does not have symptoms. You can contract Chlamydia from an infected male partner even if ejaculation does not occur.

### **Prevention**

The only way to avoid contracting Chlamydia is to not have vaginal, anal, or oral intercourse (abstinence). If you are sexually active ways to reduce your risk include:

- Maintaining a mutually monogamous relationship with a partner who has been tested and has proof of negative test results.
- Using condoms the right way EVERY time you have sex. This includes condoms with oral intercourse.

### **Diagnosis**

Diagnosis requires laboratory testing. Often only a urine sample is required. Your health care provider may need to do an exam of your genital area.

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### **Treatment**

Your health care provider will need to prescribe an antibiotic to treat Chlamydia. The most common treatment is a one-time oral dose of Zithromax (Azithromycin). Notify your health care provider of any medication allergies you may have. Four weeks after treatment repeat testing will need to be done to ensure the treatment was successful. All sex partners must be treated.

### **Activity**

You must refrain from sexual activity for a minimum of 7 days after you and your sex partner(s) have been treated. It is best to wait until repeat testing is done to re-engage in sexual activity. Use condoms with all intercourse. You should have routine testing at least once a year if you are sexually active.

### **Complications**

If left untreated, Chlamydia infection can cause Pelvic Inflammatory Disease (PID) in women. PID is infection of the uterus and fallopian tubes. PID often has no symptoms but can cause abdominal pain or pelvic pain. PID can cause permanent reproductive symptom damage and lead to inability to become pregnant or an ectopic pregnancy. Due to there often being no signs or symptoms of Chlamydia, complications in women can occur before she is even aware she has been infected.

**If symptoms worsen or do not improve, return to the clinic.**

**If you have worsening of symptoms when the Health and Wellness Center is unavailable, please follow up with the local ER or Urgent Care.**

Additional Information: \_\_\_\_\_

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