

# CHLAMYDIA

## PERSONAL HEALTH FACT SHEET

### *What is Chlamydia?*

*Chlamydia is a sexually transmitted disease caused by the bacterium **Chlamydia Trachomatis**.*

### **How is Chlamydia spread?**

Chlamydia can be spread during vaginal, anal or oral sex. It can also be passed from an infected mother to her unborn child during vaginal birth. Symptoms of Chlamydia usually occur 1-3 weeks after exposure. Three quarters of infected females, and half of males have no symptoms.

### **How is it treated?**

Chlamydia can easily be treated with a course of antibiotics. Azithomycin or Doxycycline are the most common antibiotics used to treat Chlamydia. Inform all sex partners that they need to be evaluated and treated at the same time in order to avoid reinfection. Sexual activity should be avoided until treatment has been completed. Complications of untreated chlamydia are ectopic pregnancy, infertility, and pelvic inflammatory disease. Sexually active women should be screened at least annually.

### **How can we prevent Chlamydia?**

- Abstinence from sexual activity is the best form of protection.
- A long term mutually monogamous relationship with a partner who has been tested and known to be uninfected is another form of prevention.
- Limit your number of sex partners. The more people you have sex with, the greater the chance of getting an STD.
- If you choose to have sex, be prepared. Have a supply of latex condoms on hand and use a new condom every time you have sex.

### **SYMPTOMS OF CHLAMYDIA**

#### Female symptoms:

- abnormal vaginal discharge
- burning with urination
- lower abdominal pain
- low back pain,
- nausea
- fever
- pain with intercourse
- bleeding between periods.

#### Male symptoms:

- discharge from the penis
- burning with urination
- pain in testicles or abdomen

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