

# Chlamydia Information Guide:

## Symptoms, treatment, and resources

### 1. What is Chlamydia?

Chlamydia is a very common sexually transmitted infection (STI). You can get in your vagina, penis, rectum (butt), or throat. Most people with Chlamydia don't have any signs or symptoms. When people have symptoms, they can be mild at first. They can show up 7 to 21 days after having sex with someone with Chlamydia.

You may have these symptoms:

- Pain or burning when you urinate (pee)
- Discharge from the vagina, penis, or rectum that smells or looks strange
- Bleeding from the vagina during or after sex
- Pain and swelling in one or both testicles
- Pain or bleeding from the rectum

### 2. Is Chlamydia a serious disease?

Yes. You must see a doctor if you think you have Chlamydia.

If you don't get treated, you can:

- Pass Chlamydia to people you have sex with.
- Get other diseases, like HIV more easily.
- Have problems getting pregnant.
- Have a pregnancy that grows outside of the uterus, which can cause death.
- Pass it to your baby during birth.
- Have pain in your lower belly (for women and persons with a vagina) during sex for months or years.
- Have pain and swelling in the testicles.

### 3. How does Chlamydia spread?

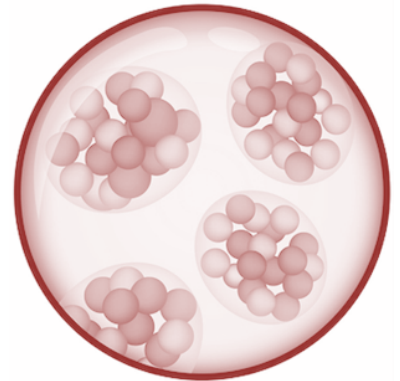
You can get Chlamydia by having vaginal, anal, or oral sex with someone who has it. Most people don't know they have it because they don't have symptoms. You can't tell if someone has it by looking at them. Getting tested is the only way to find out if you have Chlamydia.

### 4. What do I do if I have Chlamydia?

Follow these 3 important steps to cure Chlamydia:

1. Take all of the medicine the doctor or nurse gives you. Don't share your medicine with anyone else unless instructed by the doctor or nurse.
2. Make sure your sex partner(s) from the past 2 months get medicine for Chlamydia as soon as possible.
3. Don't have sex until 7 days after both you and your sex partner(s) finish the medicine. If you have sex before 7 days, use a condom.

**If you don't follow all of these steps, you can get Chlamydia again, and it can be worse.**



## 5. What should I know about my treatment?

Don't have sex until 7 days after you and your sex partner(s) finish the medicine. You have been given the medicine checked below:

- Azithromycin:** Take all of this medicine at once, as soon as you get it.
- OR Doxycycline:** Take one pill in the morning and one pill at night.
  - Don't take this medicine if you think you may be pregnant or if you're nursing
  - Take this medicine with food or milk if it upsets your stomach
  - You can be easily sunburned while on this medicine.

And, you may also be given the treatments listed above to give to your sexual partner(s).

## 6. What are the possible side effects of treatment?

Call 911 right away if you are wheezing or have trouble breathing. Call the clinic if you have a skin rash or bumps, itching, or are vomiting (throwing up) non-stop.

## 7. Does my sexual partner(s) need to get treatment too?

Yes. There are many ways to make sure your sex partner(s) get medicine for Chlamydia:

- Bring your partner into the clinic with you when you come in for treatment.
- Ask the doctor or nurse for extra medicine to take to your partner(s).
- Ask your partner(s) to go to their own doctor to get medicine.
- Visit [www.tellyourpartner.org](http://www.tellyourpartner.org) to send an anonymous text telling your partner(s) they may have Chlamydia.

## 8. What if I'm pregnant and have Chlamydia?

If you think you're pregnant, tell the doctor or nurse before you take any medicine. Tell the doctor you're seeing for your pregnancy that you tested positive for Chlamydia. If you're keeping the pregnancy, you'll need to get tested again in 3 to 4 weeks to make sure you've been cured of Chlamydia. If you don't get treated, you can pass Chlamydia to your baby, and it can cause the baby serious eye or lung infections.

## 9. Can I get Chlamydia more than once?

Yes. Having Chlamydia once won't prevent you from getting it again. Getting infected with Chlamydia again can cause other infections and be a lot more harmful to your body.

You can get it again if you:

- Have sex with someone who didn't get treated.
- Have sex too soon after you and your sex partner(s) finish the medicine.
- Have sex with a new partner who has Chlamydia.

Return to the clinic if your symptoms don't go away within a few days. Use a condom every time you have sex, so you don't get it again.

**If you had Chlamydia, you should get tested again in 3 months.**

**Call the STD Hotline for resources  
and information on low cost testing  
and condoms: 800-758-0880**