



**YOUR  
HEALTH.  
YOUR  
CHOICE.**

# Chlamydia

Talk to your partner(s) about sexually transmitted infections (STIs) and your health before you have sex. You can pass on an STI without knowing you have one. During sex, you can use latex condoms to lower your chances of getting STIs.

## What is Chlamydia?

Chlamydia is a sexually transmitted infection. It is caused by bacteria. It is a reportable infection, meaning that if you test positive for Chlamydia, you may be contacted by a clinic or health department to get contact information for current and past sexual partners for notification and testing purposes. Your name is not disclosed when a current or past sexual partner is notified.

## How do you get Chlamydia?

You can get Chlamydia if you have oral sex, vaginal sex, or anal sex with a person who already has the infection. A pregnant woman can also pass it on to her baby while she is giving birth.

## How can you tell if you have Chlamydia?

Many people who have Chlamydia do not have any signs that tell them they have a sexually transmitted infection. You can pass on chlamydia without even knowing that you have it.

### If you have Chlamydia, you might notice

#### Women

- ★ Strange discharge from your vagina.
- ★ Itchy vagina.
- ★ A little bit of bleeding even when it is not time for your period.
- ★ Bleeding during or after you have vaginal sex.
- ★ Pain in your lower abdomen.
- ★ Pain when you urinate.

#### Men

- ★ Needing to urinate a lot.
- ★ A feeling of burning when you urinate.
- ★ Watery discharge coming out of your penis.
- ★ Burning or itching around the hole of your penis.
- ★ Pain in your testicles.

**It is important to use condoms or a latex barrier with sexual partners to decrease the risk of getting a sexually transmitted infection.**

### **How do you get tested for Chlamydia?**

For women, a clinician will check for infection by taking a swab of the cervix, the opening to the uterus. For men, the clinician will swab the urethra, the opening of the penis, or using a urine test. For the urine test, it is important that men do not urinate for 2 hours before the test is taken.

### **Do you need a follow-up test?**

Yes. You should have another test. Women should get this test done after they have finished all of the antibiotic pills and have had one period. Men should get another test done a month after finishing the antibiotics. The only way to be sure that you are cured and can no longer pass on the infection is to do the follow up test after you have taken all of the antibiotic pills. If the test is negative, you no longer have Chlamydia, and cannot pass it to your partners. Current recommendations suggest you repeat testing six months after treatment.

### **How is Chlamydia treated?**

It is important to treat Chlamydia because it can lead to serious health problems. Both men and women might become infertile if it is not treated, which means they may not be able to have children. A woman could also have an ectopic pregnancy. An ectopic pregnancy happens when an egg grows outside of the uterus in the wrong place.

Chlamydia can be cured with antibiotics. It is important to tell your sexual partner(s) that you have chlamydia. They also need to be treated. It's a good idea to refrain from unprotected intercourse until the treatment is completed to ensure you don't infect your partner(s).

### **If you need further information or would like to book an appointment, call:**

Planned Parenthood Toronto Health Services for youth ages 13 to 29. 416-927-7171. Health Services offers same-day, scheduled and drop-in appointments. For more information visit [www.ppt.on.ca](http://www.ppt.on.ca).

Women's Programming at the Bay Centre for Birth Control for women of all ages at 416-351-3700.

Youth can also access information about sexual health by calling the Teen Sex InfoLine at 416-961-3200 or chat live using MSN messenger at [spiderbytes@hotmail.com](mailto:spiderbytes@hotmail.com) from 4 p.m. to 9 p.m. Monday to Wednesday and 12 noon to 6 p.m. Saturday and Sunday. You can also email us a question anytime at [askus@spiderbytes.ca](mailto:askus@spiderbytes.ca) or visit [www.spiderbytes.ca](http://www.spiderbytes.ca).