

Protecting Yourself Against Chlamydia



What you need to know, and why it matters.

Cases of chlamydia, a bacterial sexually transmitted infection (STI), are on the rise. The complications can be dangerous, but the good news is, chlamydia is completely treatable.

Getting Tested

Testing is as simple as a urine screen. You can request it at your doctor's office. All women ages 16-24 who are sexually active should be tested for chlamydia.

If you test positive, treatment is generally a round of antibiotics, and abstaining from sexual activity for at least seven days.



Preventing Complications

Regular testing and treatment can prevent:

- ▶ Infertility or sterility
- ▶ Ectopic pregnancy
- ▶ Infection in other parts of the female reproduction system
- ▶ The passing of chlamydia from mothers to babies during childbirth



Identifying Symptoms

If you think you may have been exposed, or have any of the following, make an appointment with your doctor to get tested:

FEMALE

- ▶ Abnormal vaginal discharge
- ▶ A burning sensation when urinating

MALE

- ▶ Penile Discharge
- ▶ A burning sensation when urinating
- ▶ Pain and swelling in one or both testicles



Avoiding (Repeat) Infection

Always use a condom during intercourse of any kind. Remember, people who are not showing symptoms may still be carrying chlamydia.

75% / 50%
WOMEN MEN

Percentage of people with chlamydia who have no symptoms

15-24

Age range where two-thirds of all infections occur

1.8 million

Number of chlamydia cases reported in 2018 to the Centers for Disease Control and Prevention

60%

Reduction in the incidence of pelvic inflammatory disease that could be prevented with chlamydia screenings*

For more information, visit www.chlamydiacoalition.org.

*National Chlamydia Coalition