



GEORGIAN BAY WOMEN'S CLINIC

Chlamydia: What You Should Know

What's Chlamydia?

Chlamydia is a super common sexually transmitted infection (STI) caused by bacteria called *Chlamydia trachomatis*. It can infect anyone and, if left untreated, can cause some serious issues, especially for people with female reproductive systems. It's one of the most reported STIs out there.

What Are the Symptoms?

A lot of people with chlamydia don't have any symptoms, so they might not even know they have it. But if symptoms do show up, they can include:

For People with Vaginas

- Unusual vaginal discharge
- Burning when you pee
- Pain during sex
- Lower belly pain
- Bleeding between periods

For People with Penises

- Discharge from the penis
- Burning when you pee
- Pain and swelling in the testicles (less common)

For Everyone

- Pain, discharge, or bleeding from the rectum if it's infected

How Can You Prevent It?

Use Condoms: Always use condoms during sex. They really help reduce the risk.

Get Tested Regularly: Especially if you're under 25 or have new/multiple partners.

Avoid Douching: It messes up the natural balance in your vagina, making infections more likely.

How Do You Get Tested?

Pee in a Cup: Simple urine test.

Swab Test: A swab from your cervix (for people with vaginas) or urethra (for people with penises). They can also do rectal or throat swabs if needed.

Testing is a good idea every year if you're sexually active and under 25, or if you have risk factors.

How Is It Treated?

Antibiotics: Easy to treat with meds like azithromycin or doxycycline.

Follow Directions: Take all your meds even if you feel better.

No Sex: Avoid sex for 7 days after you finish your treatment to prevent spreading it.

Tell Your Partners: They need to get tested and treated too, so you don't pass it back and forth.

Follow-Up

Re-Test: Get tested again after 3 months to make sure it's gone, especially if you're pregnant.

Watch Symptoms: If symptoms don't go away, check with your care provider.

Stay Safe: Keep using protection and getting tested to avoid getting it again.

Remember:

- Chlamydia often has no symptoms, so regular testing is key.
- Untreated chlamydia can lead to serious health problems like infertility.
- Treatment is easy and effective, so don't hesitate to get checked and take care of yourself.