

# CHLAMYDIA 101

**CHLAMYDIA IS A VERY COMMON SEXUALLY TRANSMITTED DISEASE (STD).  
THE GOOD NEWS IS THAT MOST OFTEN IT'S COMPLETELY CURABLE.**

## THE FACTS

Chlamydia is a very common sexually transmitted disease (STD). It's a bacterial infection that can be passed during unprotected vaginal, oral, and anal sex. People who have chlamydia often show no symptoms, which is why many spread the infection to their partners without knowing it.

The good news is that chlamydia can be easily treated with antibiotics. But if someone with chlamydia doesn't get treated, it can cause serious health consequences, like infertility (the inability to have children). That's why it's so important to get tested, learn your status, and get treated if you have it.

**People with chlamydia are more likely to be infected**



**with HIV by an infected partner .**

## DO I HAVE CHLAMYDIA?

As with other STDs, the only way to know for sure if you have chlamydia is to get tested. Getting tested is easy. To test you for chlamydia your healthcare provider will collect a urine sample (pee) or a swab sample. STD tests should not hurt at all, but if you experience any discomfort tell your provider.

**1 in 10 teens who have sex**

**has Chlamydia.**

**... it's really common**



## POSSIBLE SYMPTOMS

Most people don't experience any symptoms when they have chlamydia, but if you do notice something unusual, your symptoms might include:

- Itching, pain, bleeding, or discharge from your rectum
- Abnormal discharge from the vagina, penis, or rectum
- Burning or itching when you pee
- Pain or discomfort during sex
- Pain, bleeding, or discharge from your rectum
- Throat infection (if you have oral sex)
- Nausea or fever

Women may also experience pain in the belly or back (sometimes with a fever) and bleeding after sex or between periods.



## CHLAMYDIA 101 continued...



### GETTING TREATED

Fortunately, chlamydia can be easily treated with antibiotics. But because someone can become reinfected with chlamydia, it's important that you and all of your partners get tested and treated (if you are infected).

People with chlamydia should not have sex until they - and their sex partners - finish treatment.

### HOW TO PROTECT YOURSELF

#### Get Educated

*For vaginal and anal sex:* Learn how to use latex condoms the right way, and use them every time. They're the only way to prevent STDs during vaginal and anal sex.

*For oral sex:* Use condoms for oral sex on a penis, and dental dams for oral sex on a vagina or anus.

*For fingering, hand jobs, and other intimate touching:* Wash your hands with soap and water after touching your partner's genitals before touching your own (and vice versa). To be extra safe, some people choose to use latex gloves. Find what works for you.

#### Get Tested

Getting tested with your partner, and treated if you have an infection, will keep you safe from the negative consequences of chlamydia.

#### Be Smart

Have sex with only one partner, who has been tested and is not infected, and who is only having sex with you.

#### Stay Clear

Avoid drinking alcohol and doing drugs before you have sex. It's difficult to make good decisions under the influence.

### WHAT DOESN'T WORK

- "Pulling out" before a man ejaculates into the vagina or anus
- Birth control (it only reduces risk for pregnancy)
- Washing your genitals, peeing, or douching after sex

### FOR MORE INFORMATION

**For additional information about chlamydia and other STDs visit:**

- [www.itsyoursexlife.com/gyt/know](http://www.itsyoursexlife.com/gyt/know)
- [www.plannedparenthood.org](http://www.plannedparenthood.org)
- [www.weRnative.org](http://www.weRnative.org)

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