

My partner wants to be treated but is not able to see a health care provider, what can I do?

In Massachusetts, partners of patients with chlamydia can get treatment without needing to be tested. Talk to your health care provider for more information about *Expedited Partner Therapy (EPT)* or visit www.bphc.org/STI.

What happens if chlamydia is not treated?

If left untreated, chlamydia can cause very serious health problems. Women can develop Pelvic Inflammatory Disease (PID), which can cause infertility (unable to have children). Chlamydia can also increase your chances of getting other sexually transmitted diseases, such as HIV or gonorrhea.

Yearly chlamydia testing is recommended for:

- All sexually active men and women under 25
- People at high risk, including:
 - Those who have had unprotected sex
 - Those who have had sex with multiple partners or sex with a new partner

You should also get tested:

- When you are pregnant
- 3 months after treatment for a Sexually Transmitted Infection
- Every time you have a new partner if you are unsure of the partner's status

Take the following steps to reduce your risk of getting an STI:

- Use a latex or polyurethane condom or barrier (dental dam) EVERY TIME you have anal, vaginal and/or oral sex.
 - Condoms made from “natural” materials may protect against pregnancy but NOT STIs.
 - ONLY condoms prevent STIs or HIV, other forms of birth control DO NOT.
- Limit your number of sex partners – the more partners you have, the more likely you will get chlamydia.
- Talk with your partner about his or her STI status and getting tested.
- Talk with your health care provider about safer sex and getting tested.
- Remember that drugs and/or alcohol can make it more likely that you won't use a condom if you have sex.

Abstinence is the only sure way to prevent STIs and pregnancy.



For more information, visit:
<http://www.bphc.org/whatwedo/sexual-health>
or <http://www.cdc.gov/std>

Chlamydia



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English

What is chlamydia?

Chlamydia is a **S**exually **T**ransmitted **I**nfection (STI or STD) caused by bacteria. It is the most commonly reported infectious disease in Boston. In 2014, there were 3628 chlamydia cases in Boston, and 60% of these cases were in 15-24 year olds.

How do I get chlamydia?

Chlamydia is spread through vaginal fluids or semen during vaginal, anal or oral sex with an infected person. Chlamydia can also be passed from mother to child during birth.



You can't tell if someone has chlamydia by just looking at them. Most people with chlamydia don't have symptoms!

What are the symptoms of chlamydia?

Most people do not have symptoms. If symptoms occur, they may start about 1-3 weeks after being infected and they can include:

For Women:

- Unusual discharge (yellowish or whitish fluid) from vagina
- Burning when peeing
- Bleeding between periods or after sex
- If the infection spreads, lower abdominal pain, pain during sex, nausea or fever

For Men:

- Unusual discharge (thick white or watery fluid) from penis
- Pain and/or burning when peeing
- Burning or itching around the opening of the penis

Men and women can also get infected with chlamydia in their rectum, either by having receptive anal sex, or by spread from another infected site (such as the vagina). While these infections often cause no symptoms, they can cause:

- Rectal pain
- Discharge
- Bleeding

How long can an infected person spread chlamydia?

A person can spread chlamydia to others from the time they become infected until they are treated. *A person can spread chlamydia even if they do not have symptoms.*

How can I find out if I have chlamydia?

The only way to know for sure if you have chlamydia is to **get tested**. Your health care provider may ask you to provide a urine sample or a swab from the infected site (such as vagina or penis) to test for chlamydia.

Where can I get tested?

Most health care providers offer testing for chlamydia and other STIs. To find health care in a neighborhood near you, call the Mayor's Health Line at **617-534-5050** or visit <http://www.hivtest.org/STDTesting.aspx>.

Can chlamydia be treated?

Yes. Chlamydia can be treated and cured with antibiotics. Take the medicine as directed and do not share it with anyone. See your healthcare provider again if you still have symptoms after you have taken your medicine.

Can I get chlamydia again after I've been treated?

Yes. You can get it from an untreated partner or a new partner. It's important if you are treated for chlamydia that your partner is also treated to prevent re-infection. Always use condoms every time you have anal, oral or vaginal sex, especially with a new partner whose STI status is unknown.