

# Chlamydia

Chlamydia (cla-mid-ee-ah) is a **Sexually Transmitted Disease (STD)** caused by a type of bacteria called *Chlamydia trachomatis*. Chlamydia can infect men, women, and children. It is passed from one person to another during vaginal, anal and oral sex.

## ***How is Chlamydia spread?***

Chlamydia is passed from one person to another during vaginal, anal, and oral sex. It can also be spread to the eyes by touching fluids from the vagina or penis and then touching your eyes. Babies of infected mothers can get eye and lung infections during delivery.

## ***What do I look for?***

### **Men:**

- Discharge from the urethra or the anus
- Pain or itching of the head of the penis
- Pain with urination

***50% of infected men have no symptoms***

### **Women:**

- Pain and itching of the vulva or vagina
- Discharge from the vagina
- Unusual bleeding from the vagina, or the anus
- Pain with urination
- Pain when having sex

***80% of infected women have no symptoms***

Symptoms may appear within 30 days of infection but then will go away. The infected person remains infected and can pass chlamydia to a sex partner. If you are sexually active, see your doctor regularly to be tested for chlamydia and other STDs.

## ***Is chlamydia serious?***

Yes! If you are a woman and have chlamydia you could become sterile (unable to produce children). PID (pelvic inflammatory disease), a serious pelvic infection in women, is a common result of untreated chlamydia infection. In PID the bacteria move from the vagina up through the cervix and into the uterus, tubes and ovaries. Blockage and scarring can damage the tubes and make a woman more likely to have a “tubal pregnancy.”

## ***How is chlamydia treated?***

- Your clinician will give you antibiotics to kill the Chlamydia in your body. Take all of the pills you are given, even if you feel better before taking them all.
- Your sex partner(s) must be examined and treated. If not treated, they can give the infection back to you, or infect others.
- Don't have sex for one full week after you are treated. Don't have sex with your partner while you are both taking your medicine.

## ***How do I avoid getting chlamydia?***

- Plan ahead! Protect yourself!
- If you're thinking of having sex with a new partner:
  1. Talk about STDs
  2. Talk about your wish to have protected, safer sex (male or female condoms) 100% of the time

### **For more information about STD's, consult these websites:**

<http://www.noah-health.org/>

<http://www.dph.sf.ca.us/sfcityclinic/>

<http://www.ashastd.org/>

<http://www.sfsi.org/>

<http://www.cdc.gov/std/>

If you contracted Chlamydia from anal sex and you do not know the HIV status of that sexual partner, you should be concerned about your increased risk of HIV. Talk to your clinician.

For a STD check-up or treatment,  
see your doctor, local clinic, or come to:



City Clinic  
356 Seventh Street  
(between Folsom and Harrison)  
San Francisco, CA 94103  
(415)487-5500

<http://www.dph.sf.ca.us/sfcityclinic/>