



## Chlamydia: The STI Facts

### What is chlamydia?

*Chlamydia is an infection that can be passed from person to person during vaginal, anal, and oral sex with someone who has the infection.*

Chlamydia can infect the throat, anus (bottom), urethra (urine passage), cervix (neck of the uterus) and eyes.

Chlamydia is a very common sexually transmissible infection (STI) that often has no symptoms. This means you won't know you have it unless you get an STI test. Even without symptoms, it can be passed on.

Without proper treatment, chlamydia can cause serious health problems. These include:

- lower abdominal pain (pelvic inflammatory disease)
- painful swelling of the testicles (balls)
- pregnancy that happens in the fallopian tubes not the uterus (ectopic pregnancy)
- difficulty getting pregnant (infertility).

### How do you get chlamydia?

Chlamydia can be passed on when you have vaginal, anal, or oral sex with someone who has chlamydia. Using protection such as a condom and/or dam is a great and effective way to protect you from chlamydia.

### How can I protect myself from chlamydia?

- Use condoms during vaginal, oral and anal sex. Condoms will prevent chlamydia from being passed on. Make sure you change condoms between partners and when sharing sex toys.
- Use dams during oral sex. Dams will prevent skin to skin contact and prevent chlamydia from being passed on.
- If you have chlamydia, don't have sex with anyone until seven days after you've started treatment.
- Test for STIs and HIV every 3-12 months. It is important and part of a healthy sex life.

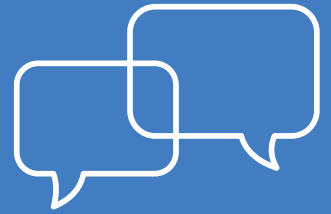
### How do I test for chlamydia?

Chlamydia is tested for by a urine sample or a self-collected swab. Sometimes a throat swab or self-collected anal swab might need to be taken too. It is important not to go to the toilet for 60 minutes before getting an STI test.

You can get a chlamydia test at your local doctor, a sexual health clinic and some university health clinics. You can call the [Sexual Health Infolink](https://www.health.nsw.gov.au/sexualhealth/Pages/sexualhealthinfocentre.aspx) on 1800 451 624 (free call) to find the closest service to you.

STI tests are easy, confidential and nothing to be ashamed about.

If your test is positive for chlamydia, it's important to let your sexual partners know so they can get tested and treated too. If you need help contacting your partners ask your doctor, visit [Let Them Know](https://www.health.nsw.gov.au/sexualhealth/Pages/sexualhealthinfocentre.aspx) or call the [Sexual Health Infolink](https://www.health.nsw.gov.au/sexualhealth/Pages/sexualhealthinfocentre.aspx) on 1800 451 624 (free call).



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### How do you treat chlamydia?

Chlamydia can be easily treated with one course of antibiotics (oral tablets) from your doctor or nurse.

If your test is positive for chlamydia don't have sex with anyone until seven days after you've started treatment, any symptoms you had are gone and your partners have tested negative or being treated too.

It's important to have another test in 3 months after your treatment to make sure you have not been infected again.

### Where can I find more information on chlamydia and other STIs?

For information and support about chlamydia, other STIs and your sexual health, you can call the [Sexual Health Infolink](tel:1800451624) on 1800 451 624 (free call) to speak to a specialist sexual health nurse. It's free, confidential, and non-judgemental. You can also visit the [International Student Health Hub](https://internationalstudents.health.nsw.gov.au).

If you would like an interpreter to help you access health services or information, please contact the [Translating and Interpreting Service](tel:131450) on 131 450.

Scan the QR code to find out more about chlamydia and STIs

