CHLAMYDIA

Chlamydia is a common sexually transmitted infection (STI) that can be easily cured but often has no symptoms. If left untreated, chlamydia can make it difficult for women to get pregnant.

| What is Chlamydia? | • Common STI that can infect both men and women  
|                    | • Can cause serious, permanent, damage to a women’s reproductive system |
| How is Chlamydia Spread? | • Chlamydia can be spread through vaginal, anal, or sex with someone who already has chlamydia  
|                    | • Re-infection can occur even if treated in the past after having unprotected sex with someone who has chlamydia |
| Signs and Symptoms of Chlamydia | • Women with symptoms may notice:  
|                    |   o an abnormal vaginal discharge  
|                    |   o a burning sensation when urinating  
|                    | • Men with symptoms may notice:  
|                    |   o a discharge from their penis  
|                    |   o a burning sensation when urinating  
|                    |   o pain and swelling in one or both testicles |
| How is Chlamydia Diagnosed? | • Urine test  
|                    | • Physical exam or throat, urine, vaginal/cervical, and rectal swabs |
| Risk Factors for Chlamydia | • Anyone who has unprotected vaginal, anal or oral sex can get chlamydia  
|                    | • Gay, bisexual, and other men who have sex with men |
| How Can Chlamydia Infection be Avoided? | • Abstinence  
|                    | • Use condoms (male and female condoms are available)  
|                    | • Plan ahead: Think about protecting yourself. Talk with your sex partner(s) about STIs and the need to protect yourself. |
| Importance of Early Identification and Treatment | • Reduces pelvic inflammatory disease (PID)  
|                    | • Reduces infertility, ectopic pregnancy, and chronic pelvic pain  
|                    | • Prevents complications in newborns |

Resources: CA Department of Public Health.
Resources: Division of STD Prevention, National Center for HIV, Viral Hepatitis, STD, and TB Prevention, Centers for Disease Control and Prevention.
Santa Clara County Public Health Department | HIV/STI Clinical Provider Toolkit Updated February 2022