

CHLAMYDIA FACT SHEET

What is Chlamydia?

Chlamydia is a common sexually transmitted infection (STI). Chlamydia is caused by a bacteria, chlamydia trachomatis. Both men and women can be infected with it, even without symptoms. Chlamydia infections are treatable and curable with antibiotics. If left untreated, chlamydia may lead to more serious infections or infertility.

How do you get Chlamydia?

Chlamydia is transmitted in multiple ways including through vaginal, anal, or oral sex when a person's mucous membranes come into contact with the infected genital secretions (vaginal fluids, semen, pre-ejaculate) of another person. Chlamydia may also be transmitted from an infected woman to her newborn during childbirth. For HIV positive persons, chlamydia can increase the amount of HIV present in genital fluid secretions.

Symptoms

Chlamydia is asymptomatic (without symptoms) in approximately 80% of females and 50% of males. When symptoms are present they may take several weeks to appear.

<p>Common symptoms for women may include</p> <ul style="list-style-type: none"> • abnormal vaginal discharge (e.g., color, odor, and/or texture) • pain or burning with urination • pain or discomfort during sex • rectal pain, discharge or bleeding • pelvic or lower abdominal pain <p>If left untreated may lead to pelvic inflammatory disease (PID) - an infection associated with abdominal pain, tissue scarring, and possible infertility.</p>	<p>Common Symptoms for men may include</p> <ul style="list-style-type: none"> • penis discharge • pain with urination • pain or discomfort during sex • rectal pain, discharge or bleeding <p>If left untreated may lead to urinary problems (stricture) or epididymitis - an infection associated with swollen testes, fever, tissue scarring, and possible infertility.</p>
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In pregnant women, chlamydia may lead to pre-term delivery, fetal transmission which may cause eye infections, or pneumonia.

Treatment

Chlamydia is curable with antibiotic treatment. It is important to complete all antibiotic treatment even if symptoms are no longer present. While being treated for chlamydia it is recommended that infected persons remain abstinent until 7 days after starting treatment provided their symptoms have resolved and their sex partner(s) have been treated. After completing treatment for chlamydia, patients are recommended to return for re-testing in approximately 3 months. This re-test is not a test to determine if you have been cured, but rather to determine if you have been re-infected. Here at the Tang Center follow-up testing may be ordered at the time of your initial diagnosis.

Partner Notification and Treatment

Testing positive for chlamydia it is not the end of the world. However, infected persons should inform all vaginal, anal, and/or oral sex partners within the past 2 months. Sharing your status will help reduce your risk of re-infection.

In an effort to reduce further transmission and encourage early treatment, Tang Center providers can offer antibiotic treatment for infected partners without a separate appointment. This can be discussed with your provider. While treatment for chlamydia infection may be provided, partners should schedule a follow-up appointment with their regular medical provider. Partner treatment is not covered by SHIP.

Prevention

Check our website: www.uhs.berkeley.edu to learn more about this medical concern or others.

For an appointment: www.uhs.berkeley.edu or call 510-642-2000 For Advice: call Clinic Nurse 510-643-7197

The only way to completely prevent chlamydia infections is by abstaining from vaginal, anal, and/or oral sex. If you are sexually active you can decrease the risk of chlamydia infection by:

- using condoms properly during vaginal and anal sex, and mouth to penis sex
- using dental dams properly during mouth to vulva, or mouth to anus sex
- getting tested for STIs regularly (every 6 - 12months) and encouraging partners to do the same
- communicating your results and status to current and future partner(s)
- reducing your number of sex partners

Additional STI Testing Recommendations

Chlamydia infections often occur with gonorrhea or other sexually transmitted infections. Therefore, it is generally recommended that persons who test positive for chlamydia strongly consider getting a full STD panel. If you're not sure what you should be tested for, your medical provider can help you determine which tests would be appropriate based on any symptoms you may be experiencing as well as any risk factors you may have.

Chlamydia Resources

<p>Tang Center:</p> <p>Clinical Health Education: 642-2000 Free 60-minute health coaching session with a professional health educator to talk about a personal STI prevention plan, how to make safer sex fun, sexual communication, etc. All genders and orientations welcome.</p> <p>Advice Nurse: 643-7197 Ask a medical question or find out if you need an appointment. Open Monday - Friday, 8AM - 4:30PM.</p> <p>Medical Appointment: 642-2000 Get an STI test or meet with a clinician. Appointments available Monday - Friday, 8AM-12PM and 1-4:30PM.</p> <p>Urgent Care: 642-3188 Urgent care sees students for immediate problems and symptoms. Open Monday - Friday, and most Saturdays.</p>	<p>Online:</p> <p>www.cdc.gov/std/chlamydia/stdfact-chlamydia</p> <p>Tang Center: Information on resources, various health topics, and medical services. http://www.uhs.berkeley.edu</p> <p>Sexual Health Education Program (SHEP): 642-3620 Trained peer educators are happy to talk with you about sexual health via social media, workshops for your student groups, and more! Interactive safer sex supply map and Q&A available online. http://sheptalk.wordpress.com/</p> <p>San Francisco City Clinic: STD Information and basics chart depicting potential STD risk based on behaviors and known risk factors. http://sfcityclinic.org/stdbasics/stdchart.asp</p> <p>Planned Parenthood: Information on safer sex, contraception, STIs, sexuality, and more. http://www.plannedparenthood.org</p>
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