

CHLAMYDIA

What is Chlamydia?

Chlamydia is a common sexually transmitted infection (STI) caused by a bacteria, *Chlamydia trachomatis*. Both people with penises and vaginas can be infected even if their sexual partners have no symptoms. If left untreated chlamydia may lead to more serious infections or infertility.

Chlamydia infections are treatable and curable with antibiotics. If left untreated, chlamydia may lead to more serious complications for women/those with vaginas including pelvic infections, infertility and ectopic pregnancy (pregnancy outside the uterus).

How can I prevent Chlamydia infection? (section moved up consistent with GC handout)

- using condoms and dental dams properly during vaginal, anal, and oral sex
- (dental dams available on-line or at Good Vibrations store in Berkeley)
- getting tested for STIs regularly and encouraging partners to do the same
- communicating your results and status to current and future partner(s)
- reducing your number of sex partners

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 pregnant person to the newborn during childbirth. In 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 people with vaginas and 50% of people with penises. When symptoms are present they may take several weeks to appear.

Common symptoms for people with vaginas may include

- 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

If left untreated, chlamydia may lead to more serious complications for women/those with vaginas including pelvic infections, infertility and ectopic pregnancy (pregnancy outside the uterus).

Common symptoms for people with penises may include:

- discharge from penis
- pain with urination
- pain or discomfort during sex
- rectal pain, discharge or bleeding
- *inflammation of prostate or epididymis .
- * Urethral stricture (if left untreated)

Testing for Chlamydia

Chlamydia is diagnosed by a urine test and/or vaginal, anal and throat swabs.

Also since chlamydia may be detectable at one of the sites where you have sex (and not others) it's important for anyone engaging in receptive anal or receptive oral sex to have an anal and/or oral swab for chlamydia. We advise being tested for ALL STDs if you are at risk (ie:have had condomless sex at any orifice).

Treatment

Chlamydia is curable with oral antibiotics. It is important to complete all chlamydia medication even if symptoms are no longer present and to remain abstinent for at least one week after both you and your partners are treated.

Partner Notification and Treatment

Infected persons should inform all vaginal, anal, and/or oral sex partners within the past 2 months. Sharing your status will allow your partners to get tested and treated and helps reduce your risk of re-infection. Partners should be treated regardless of whether they test positive for chlamydia. Tang Center clinicians can offer antibiotic treatment for infected partners without a separate appointment. Treated partners should schedule a follow-up appointment with their regular medical provider and we advise being tested for ALL STDs (gonorrhea, chlamydia, syphilis and HIV)

Follow-up Care and Testing

After completing treatment for chlamydia patients should return for re-testing in 3 months to see if you have been re-infected. You can now **order your own** STD tests up to every 6 months on the Tang portal so if you feel you are at risk, get tested!

Chlamydia Resources

Tang Center:

Clinical Health Education: 510-642-2000

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.

Advice Nurse: 510- 643-7197

Ask a medical question or find out if you need an appointment. Open Monday – Friday, 8AM - 4:30PM.

Medical Appointment: 510-642-2000

Get an STI test or meet with a clinician. Appointments available Monday – Friday, 8AM-12PM and 1-4:30PM.

Urgent Care: 642-3188

Urgent care sees students for immediate problems and symptoms. Open Monday – Friday, and most weekends

Online:

www.cdc.gov/std/chlamydia/stdfact-chlamydia

Tang Center: Information on resources, various health topics, and medical services.

<http://www.uhs.berkeley.edu>

Sexual Health Education Program (SHEP): 510-642-3620

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/>

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>

Planned Parenthood: Information on safer sex, contraception, STIs, sexuality, and more.

<http://www.plannedparenthood.org>

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

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