



# Guide to Chlamydia

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This package was created by Healthy U: Peer Health & Wellness at the University of Manitoba. We are a group of trained, non-judgmental, and confidential student health and wellness leaders on campus.

We provide outreach activities, workshops, and one-on-one support for our fellow students on a variety of health and well-being topics. Feel free to drop in to chat or pick up more information packages.

If you would like to request or attend one of our workshops or events, check out our website for details.



Do you think you have

# Chlamydia?

What is Chlamydia?

What are the symptoms?

What happens when I get tested?

How Chlamydia is spread

## What is it?

Chlamydia is a very common bacterial infection. You can only get it from sexual contact, usually vaginal or anal. However, you can also get it from oral sex.

## Symptoms

Most people with chlamydia have no symptoms - this is why it is important to get tested regularly. However, if you do have symptoms, you may experience: pain or burning with urination, pain during sex, lower abdominal pain, abnormal vaginal discharge, bleeding between periods, pus or discharge from the penis, swollen or tender testicles, or pain, discharge, or blood from the anus.

Chlamydia may also infect the eyes, in which case you would experience redness, itching, or discharge from the eye. If it infects your throat (which is rare) you may experience a sore throat.

## Treatment

The good news is that chlamydia is easy to cure with antibiotics. Make sure you are treated right away and take your medication consistently, because if chlamydia is left untreated it can have serious consequences. Even if you are feeling better it is important to take the full course of antibiotics to make sure the infection doesn't come back.

# Testing for Chlamydia

Usually you will need to give a urine sample, so make sure you do not use the washroom for about 2 hours before your test.

Women may also need to have a fluid sample taken from the cervix. It is important to note that unless you ask, this test is not actually done during a routine pap test.

Men may also have a sample taken of discharge from the urethra. This is done with a quick swab.

Depending on the sexual contact you have had, a sample may also be taken from your throat or anus. Again, this is done with a swab.

Source: [sexualhealthontario.ca](http://sexualhealthontario.ca)



## How Chlamydia is Spread

Maybe you have chlamydia and don't want to share, maybe your partner has it, maybe you just don't want it! Whatever the case, there are ways to prevent it.

Chlamydia is spread through semen, pre-seminal fluid, and vaginal fluid. This means that the best way to prevent it is to not have sex at all. However, if that isn't going to happen, condoms and dental dams are your best option.

If you're the one who has it, make sure you don't have sex with anyone for 7 days after you start treatment. Remember that if you have infected someone they can infect you back, so make sure they have been tested and treated too.

If you are uncomfortable contacting your current and previous sexual partners, most clinics will do this for you without mentioning your name. It is important for everyone at risk to get tested - even if you are no longer in contact with them.

Source: Planned Parenthood