



# Guide to Chlamydia

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This package was created by the Healthy U program at the University of Manitoba. Healthy U is a UM student group made up of a team of friendly volunteers who are trained student health educators.

We provide students with validated health information through our health packages and outreach events, online resources, and one-on-one support. Health topics that we provide resources on include mental health, sexual health, physical health, substance use, social and cultural wellness, and finding a balance.

Please reach out to us if you have any questions at:  
[healthyu@umanitoba.ca](mailto:healthyu@umanitoba.ca)



# Chlamydia

## 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 chalmydia is easy to cure with antibiotics. Make sure you are treated right away and take your medication consistently, because if chalmydia 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

## 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

# UM Resources

## STIs and STI Testing

### University Health Services (UHS)

UHS has health care providers that can do STI testing.

ACW-Lot temporary trailer (behind the Isbister building)

204-474-8411

<https://umanitoba.ca/student-supports/health-wellness/university-health-service>

### University Pharmacy

The University Pharmacy is a full service pharmacy. Health care products, cosmetics, dorm essentials, healthy snacks, prescription items, and immunizations.

111 University Centre

204-474-9323

<https://umanitoba.ca/campus-services/university-centre-pharmacy>

### Health and Wellness

The Health and Wellness Educator is a Registered Psychiatric Nurse and available to talk about health and wellness topics.

469 UMSU University Centre (within the SCC)

204-295-9032

[healthandwellness@umanitoba.ca](mailto:healthandwellness@umanitoba.ca)

<https://umanitoba.ca/student-supports/health-wellness>

### Healthy U

Healthy U can provide student with information about health and wellness topics.

<https://www.healthyuofm.com/>

### Women's Centre

The Women's Centre offers condoms, pregnancy tests, and free menstrual products.

190 Helen Glass Centre

[womensrep@umsu.ca](mailto:womensrep@umsu.ca)

<https://umsu.ca/student-clubs-associations/student-clubs/womens-centre/>

# Off Campus Resources

## STIs and STI Testing

You can access STI testing with your family doctor, walk-in clinic, or Access Centre.

### Nine Circles Community Health Centre

204-940-6000

<https://ninemircles.ca/>

### Family Doctor Finder

If you do Not have a family physician but would like to connect, you can call the Family Doctor Finder line for assistance.

204-786-7111

<https://www.gov.mb.ca/health/familydoctorfinder/>

### Klinic

204-784-4090

<https://klinik.mb.ca/>

### Women's Health Clinic

204-947-1517

<https://womenshealthclinic.org/>

### NorWest Co-op Community Health

204-940-2020

<https://norwestcoop.ca/>

### Mount Carmel Clinic

204-582-2311

<https://www.mountcarmel.ca/>

### Youville Community Health Resource

#### Centre

204-255-4840

[youville.ca/health-centre](http://youville.ca/health-centre)

### Aboriginal Health & Wellness Centre of Winnipeg

204-925-3700

<https://ahwc.ca/>