



CHLAMYDIA

WHAT IS CHLAMYDIA?

- Chlamydia is a common sexually transmissible infection (STI) caused by bacteria called *Chlamydia trachomatis*.
- Many people with chlamydia do not have symptoms but can still transmit chlamydia.
- It is often called the 'silent infection' because most people do not realise, they have it.
- If chlamydia is not treated properly, it can cause serious complications.
- In people with a vagina, chlamydia can infect the cervix and spread to the uterus and fallopian tubes, causing [pelvic inflammatory disease \(PID\)](#), chronic pelvic pain, ectopic pregnancy and infertility.
- In people with a penis, chlamydia infects the urethra and may spread to the epididymis – (the tube that carries sperm from the testicles).

WHAT ARE THE SYMPTOMS OF CHLAMYDIA?

If symptoms occur, they usually occur within 2-14 days after infection. However, a person may have chlamydia for months, or even years, without knowing it.

<p>If you have a vagina, you may notice:</p> <ul style="list-style-type: none">• cramps or pain in the lower abdomen• bleeding between regular periods• pain when passing urine• bleeding or pain during or after sex• a change in vaginal discharge.	<p>If you have a penis, you may notice:</p> <ul style="list-style-type: none">• a discharge from the penis• pain when passing urine• swollen and sore testicles
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Infection of the anus can occur but usually goes unnoticed. Occasionally it can cause anal pain or discharge.

HOW IS CHLAMYDIA SPREAD?

- Chlamydia is spread by having vaginal, anal or oral sex without a condom or dam with someone who is infected.
- Using condoms or dams can decrease your chances of getting Chlamydia.
- Chlamydia can be transmitted even when there are no noticeable symptoms.
- If a mother has chlamydia, their baby can become infected during birth causing lung or eye infections.

WHO IS AT RISK OF GETTING CHLAMYDIA?

The people who are most at risk are:

- Anyone who has vaginal, anal or oral sex without a condom or a dam with someone who is infected with chlamydia

Chlamydia is common in:

- Young sexually active men and women (commonly under 25).
- Anyone who often has different or multiple sexual partners.



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HOW CAN I AVOID GETTING CHLAMYDIA?

- Using a condom or dam during sex (practicing Safer sex) reduces the risk of STI transmission.
- It is also important for sexually active people to be tested regularly for STIs to prevent the spread of infection.
- It is recommended that you visit your doctor (or local sexual health service) if you have a new sexual partner or every 6 months (or more often) if you regularly change sexual partners.

HOW IS CHLAMYDIA DIAGNOSED AND TREATED?

- Chlamydia is an easily diagnosed and treated STI.
- Chlamydia is tested by urine sample or swab from the vagina, cervix, anus or penis.
- Chlamydia can be treated effectively with antibiotics. However, if complications are suspected, your doctor will talk with about further actions to take (usually a longer course of treatment).
- To avoid getting reinfected and passing Chlamydia onto anyone else:
 - You should not have any sexual contact until one week after starting treatment. Not even sex with a condom or dam.
 - You should not have sex with any sexual partners until one week after they have started treatment.
 - If your partner is treated after you this means no sex until one week after your partner has completed treatment. Otherwise, you could be reinfected and would need to be treated again.
 - A repeat test is recommended one month after treatment for anal Chlamydia and three months after treatment for other types of Chlamydia.

WHAT IS THE PUBLIC HEALTH RESPONSE?

- Chlamydia is a notifiable condition in Victoria.
- Gippsland Region Public Health Unit will be notified of cases within Gippsland region. All case information is deidentified and treated as confidential.
- Public health staff use this data to better understand who is at risk and help plan activities to prevent new infections in the future.
- To avoid further transmission and help protect you from getting an STI like this again, it is important that all your sexual partners (regular or casual) from the last few months are contacted for testing and treatment (if needed).
- If you have difficulty telling your partners you can use [Let Them Know](#) for sample conversations, emails, text messages and letters you can send your partners either personally or anonymously.
- Your doctor will talk to you about this and can help support you with this if needed.

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Where can I go to get help?

[Sexual and Reproductive Health Services at Latrobe Community Health Service in Morwell](#)

Ph: 1800 242 696

[Clinic 281, Sexual Health and Wellbeing at Gippsland Lakes Complete Health in Bairnsdale](#)

Ph: 5168 9639

[Sexual Health in Practice Service at Yarram and District Health Service in Yarram](#)

Ph: 5182 0222

[Sexual Health in Practice at Grandview Family Clinic in Cowes](#)

Ph: 5951 1860

[1800 My Options](#) for local GP clinics who offer Health services along with options outside Gippsland

More information:

[Chlamydia - Better Health Channel](#)

[Pelvic inflammatory disease \(PID\) - Better Health Channel](#)

[Chlamydia \(healthtranslations.vic.gov.au\) for other languages as available.](#)

[Myths and facts about chlamydia - Better Health Channel](#)