

GET YOURSELF TESTED

Testing is confidential.
If you are under 18 years old,
you can consent to be checked
and treated for STIs.

Chlamydia and pregnancy

If you are pregnant, it is even more important to get tested by your health care provider and treated if you have chlamydia. Left untreated, chlamydia can be passed to your baby during vaginal delivery and can cause serious health problems.

What about my sex partners?

Chlamydia is a sexually transmitted infection. If you have chlamydia, your sex partner(s) should also get tested. If they have chlamydia, they will need to take medicine to cure the infection.

You can be re-infected with chlamydia, even if you've had it before.

Ask your provider about expedited partner therapy (EPT). With EPT, your provider can give you medicine or a prescription to give to your sex partner(s). This will help get your partner(s) treated and protect you from getting re-infected when you have sex with them.

To learn more

Contact a health care provider or your local STI clinic.

To learn more about STIs, or to find your local STI clinic, visit www.health.ny.gov/STD.

You can find other STI testing locations at <https://gettested.cdc.gov>.



Chlamydia



Department
of Health



Chlamydia is known as “The Silent Threat” because many people do not know they have an infection.

Chlamydia

Many people with chlamydia infection have no symptoms, but it still can cause serious health problems.



Chlamydia is one of the most common STIs, especially among young people ages 15 and 24.

What is chlamydia?

Chlamydia is a sexually transmitted infection (STI) caused by bacteria that can be spread through oral, anal, or vaginal sex. Chlamydia can infect the genitals (penis or vagina), throat, and rectum. Chlamydia is one of the most common STIs in New York and the United States.

How can I prevent chlamydia?

Use a latex or polyurethane condom every time you have oral, anal, or vaginal sex. This will lower your chances of giving or getting this STI. But using condoms will not totally stop your risk. This is because condoms are not 100% effective. Condoms do help prevent the spread of other STIs including HIV.

Use a dental dam: A dental dam is a thin square of latex. It can be placed over the vagina or anus during oral sex to protect you from STIs.

Not having vaginal, oral, or anal sex (abstinence) is the only sure way to avoid chlamydia.

What if I’ve been exposed to chlamydia?

Get Tested: If you are sexually active, you should get tested for chlamydia and other STIs. It is best if you get tested before you start having sex with a new partner. Your partner should also get tested before you start having sex. Don’t have sex until you get your test results. You should also get tested:

- If you think you might have been exposed to chlamydia or another STI, or
- If you have any signs or symptoms of chlamydia.

3-Site Testing: Chlamydia can infect the genitals, throat, and rectum. Testing the genitals only may miss an infection you have elsewhere. You should get tested at each site where you have sex.

Get Treated: Chlamydia is **easily cured** with antibiotics prescribed by a health care provider. Do not have sex until at least 7 days after you and your partner(s) finish all your medicine. This gives the medicine time to work and reduces your risk of getting infected again.

Your test results are **confidential**. No one will know them unless you want them to. If you are under 18 years old, you do not need your parent’s permission to get tested and treated for chlamydia and other STIs. See the back panel for information on where to get tested.

How will I know if I have chlamydia?

To know for sure, you should visit a health care provider. Many people with chlamydia don’t have any symptoms and don’t feel sick. However, chlamydia can be spread and cause serious health problems, even without symptoms.

When there are symptoms, they may include:

- yellow-white discharge from the vagina or penis;
- pain or itching when urinating (peeing);
- vaginal spotting (blood) and/or bleeding between periods; or
- rectal pain or discharge (blood, pus).

What if I don’t get treated?

Chlamydia can be cured with antibiotics from a health care provider. However, if chlamydia is left untreated, it can cause permanent damage.

- Your risk of getting other STIs, like gonorrhea or HIV, increases.
- In males, untreated chlamydia can lead to sterility (inability to make sperm).
- Chlamydia can increase your chances of getting pelvic inflammatory disease (PID), an infection of the female reproductive organs, which can make it hard to get pregnant or carry a baby full-term.