

# CHLAMYDIA FACTSHEET

## WHAT IS CHLAMYDIA?

Chlamydia is a sexually transmissible infection passed between people during vaginal, anal or oral sex.

### Condoms will help to protect you from chlamydia.

Chlamydia can cause complications, including infertility, in men and women if left untreated. Over 80% of people with chlamydia will have no symptoms. Symptoms include abnormal discharge, burning and/or pain when passing urine, abnormal vaginal bleeding, and pelvic pain (including pain during sex).

## HOW DO YOU TREAT CHLAMYDIA?

Your doctor will prescribe antibiotics to treat your chlamydia infection. For the treatment to work take these as directed. If you have symptoms, they should ease a few days after treatment and disappear after a week. **If you still have symptoms after a week or develop any new symptoms, return to your doctor.**

## DO I NEED TO TELL MY PARTNER/S?

It's very important to tell **all** your sexual partners from the past 6 months that they need to get tested so they can avoid developing complications or passing an infection on to someone else. You can ask your doctor for advice about how to tell your partner/s. You may want to tell them directly or send them an anonymous message using a partner notification website:

<https://letthemknow.org.au/>

<https://www.bettertoknow.org.au>

<https://www.thedramadownunder.info>

In some circumstances it may be appropriate for your doctor to give you a prescription for your partner. You can ask your doctor about this.

## DO I NEED TO BE TESTED AGAIN AFTER TREATMENT?

For most people, a retest is recommended **3 months** after treatment to check that you have not been reinfected.

## Been diagnosed with chlamydia? Follow these steps:

- Take medication (follow your doctor's advice)
- Avoid sex for 7 days
- Let your sexual partners from the past 6 months know
- Have a retest 3 months after treatment
- Use condoms to avoid a reinfection



### Example text message for your partner/s:

Hey, my chlamydia test is positive and you might have it too. You should head to your GP for a STI test. Sorry to give you this news but I thought it was better that you knew.

## TIPS FOR TELLING PARTNERS

- ✓ Think about what you are going to say to your partner beforehand, and have some extra information ready (e.g. brochure / website link)
- ✓ If you are telling them over the phone, check you have called at a good time so that they can receive the news privately
- ✓ Try to avoid blame. Focus on your health.

## FURTHER INFORMATION

Your GP can give you advice specific to your situation. You can also seek advice from sexual health or family planning services in your area or visit the following websites:

<https://playsafe.health.nsw.gov.au/>

<https://www.mshc.org.au/>

<https://www.true.org.au/>

Disclaimer: This factsheet was developed for the Management of Chlamydia Cases in Australia (MoCCA) study. The information in this factsheet is adapted from resources developed by Melbourne Sexual Health Centre and Family Planning NSW.

It is designed to provide you with information on chlamydia and is not intended to replace the need for a consultation with your doctor. All clients are strongly advised to check with their doctor about any specific questions or concerns. All effort has been taken to ensure that the information in this factsheet is correct at the time of printing.

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