

CHLAMYDIA



YOU CAN HAVE CHLAMYDIA AND NOT KNOW



DID YOU KNOW...?



- » Chlamydia is a common sexually transmitted infection (STI) particularly among young people.
- » You can have Chlamydia and not notice anything wrong.
- » You can get Chlamydia from unprotected sex, including oral sex.
- » You can protect yourself and your partner by using condoms every time you have sex, including oral sex.
- » Chlamydia can cause bleeding after sex and in between periods.
- » STI tests are simple, painless and free at public STI clinics.
- » Untreated Chlamydia can sometimes cause serious and permanent health problems including infertility.



WHAT IS CHLAMYDIA?



CHLAMYDIA IS A COMMON SEXUALLY TRANSMITTED INFECTION (STI) PARTICULARLY AMONG YOUNG PEOPLE.

Chlamydia is a bacterial infection that can be treated and cured with specific antibiotics.

Regular STI check-ups are the only way to find out if you have an STI including chlamydia.

Get a free check-up at your nearest STI Clinic –
see www.hivireland.ie



WHAT ARE THE SIGNS AND SYMPTOMS?



YOU CAN HAVE CHLAMYDIA AND NOT HAVE ANY SIGNS OR SYMPTOMS.

If a person does have symptoms they will usually develop within one to three weeks after becoming infected.

Symptoms can include:

- » Inflammation of the rectum/anus, vagina or urethra.
- » Burning/discomfort when peeing/urinating.
- » Whitish discharge.
- » Swelling of the testicles.
- » Bleeding between periods or after penetrative sex.

These signs and symptoms can also be associated with other STIs or infections.



HOW IS IT PASSED ON?



YOU CAN GET CHLAMYDIA FROM UNPROTECTED SEX, INCLUDING ORAL SEX.

Chlamydia can be found inside the penis, rectum, vagina/cervix, the throat and also the eyes. You can get it through:

- » Unprotected vaginal or anal sex [ejaculation does not have to happen].
- » Unprotected oral sex [ejaculation does not have to happen].
- » Unprotected rimming (mouth to anus contact/oral-anal sex).
- » Sharing sex toys or from fingers shared with each other that may have touched an infected area of the body.
- » It can be passed from mother to baby during childbirth.



HOW CAN YOU PROTECT YOURSELF AND YOUR PARTNER?



USE CONDOMS EVERY TIME YOU HAVE SEX, INCLUDING ORAL SEX.

- » Make informed decisions: talk to your partner(s) about STI testing and using condoms.
- » Use condoms for anal and vaginal sex.
- » Use condoms for oral sex. Try flavoured condoms! (Some flavoured condoms should not be used for penetrative sex so always check the packet for details).
- » Use dental dams (a thin sheet of latex that covers the vagina and/or anus) for oral-vaginal sex or oral-anal sex (rimming).
- » Do not share sex toys.
- » Be careful when using fingers, particularly touching yourself after sexual activity (e.g. scratching your eye or another area of your body).
- » Get tested regularly, particularly if you have unprotected sex or if you have any of the symptoms described above.



WHERE CAN I GET TESTED?



STI TESTS ARE SIMPLE, PAINLESS, AND FREE AT PUBLIC STI CLINICS.

Tests for Chlamydia and other STIs are free at public STI Clinics.

HIV Ireland provides free HIV and STI testing on the second and fourth Wednesdays of every month. For more information and for a full list of public clinics see www.hivireland.ie.

Chlamydia can be tested for with a urine sample, and by taking a swab from the infected area (e.g. throat, vagina/cervix, anus). The type of sample needed for testing will be decided on what kind of sex you have had.

You can also avail of private STI testing (for a fee) from your GP, Family Planning Clinics, GP Medical Centres, and in some third-level colleges. The costs for this will vary.



WHERE CAN I GET MORE INFORMATION?



Freephone the Sexual Health Helpline on 1800 459 459 for confidential support and information.

www.hivireland.ie for information on free STI testing and safer sex.

Free condoms are available at HIV Ireland, 70 Eccles Street, Dublin 7.

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