

If you think you may have chlamydia

You can go to a sexual health clinic for a check up. You can ring for an appointment or sometimes drop in. At the clinic staff may ask you to take a simple test. This can involve just testing your urine. If you have chlamydia you will be given a course of antibiotics which will cure it.

For names and addresses of sexual health clinics call:

Sexwise 0800 28 29 30

Sexual Health Information Line 0800 567 123

NHS Direct 0845 4647

Or check out www.ruthinking.co.uk and www.playingsafely.co.uk

Sexual health clinics are free and confidential. Staff cannot tell anyone you have visited the clinic without your permission unless they believe you or someone else is in serious danger. Try telling your boyfriend or girlfriend if you think you have chlamydia. If you do have chlamydia it's very important you tell them so you both get treatment. Most family doctors (GPs) can also do tests for chlamydia.

Questions you should ask at the clinic

At the clinic, the staff want to make sure you get the best treatment possible. So when you are at the clinic you should always ask the nurse or doctor:

- 1 – what is wrong with me?**
- 2 – what do I need to do?**
- 3 – why should I do it?**

Their answers will help you to know what to do to get better and stay healthy.

If you want to know more about chlamydia or want any further help and advice about sex or sexual health call **Sexwise 0800 28 29 30**.

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You need to know ALL about CHLAMYDIA

Information
and advice

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Chlamydia is one of the most common sexually transmitted infections in the UK. It is very common among young people.

Most people won't know they have chlamydia because they won't have any symptoms.

Chlamydia is easy to catch through having sex. It is an infection caused by bacteria. Both men and women can get chlamydia.

Chlamydia is easy to test for and can be treated with a course of tablets. It can lead to serious health problems if it is not treated.

Chlamydia and young men

Many men who have chlamydia will not have any signs or symptoms.

But if you do have chlamydia you may get:

- pain when you pass urine
- drops of white liquid on the end of your penis (a discharge)

Chlamydia can also infect your testicles (balls) and can make them swollen and painful. This can possibly make you infertile (shooting blanks) if it is not treated.

Chlamydia and young women

Most women who have chlamydia will not have any signs or symptoms.

But if you do have chlamydia you may get:

- pain when you pass urine
- pain in your belly, which can feel like period pains
- an unusual discharge from your vagina
- irregular bleeding between periods,
- pain during sex, or bleeding after sex

Chlamydia can also infect your fallopian tubes which can damage them and possibly make you infertile (unable to get pregnant).

How do you catch chlamydia?

You can catch chlamydia through having sex with someone who already has chlamydia. You can catch it by having unprotected vaginal, anal or oral sex (sex without a condom).



More unusually, chlamydia can be passed on during sex via the fingers when they move from one person's genitals (the penis or vagina) to the other person's genitals.

You can have chlamydia for a long time and not know you have it. You can get more than one sexually transmitted infection at the same time.

How do I protect myself against chlamydia?

Using a condom is the best way to protect yourself from getting chlamydia.

When you use a condom remember to:

- not use a condom that is past its 'use by' date, which is written on the packet
- only use condoms that have this on the side  
- use a new condom each time you have sex
- put a condom on before your genitals (penis and vagina) touch

Condoms come in all shapes and sizes, so find the best one for you. You can get infected with chlamydia again, so using a condom will help stop this happening. Condoms can help protect you from most sexually transmitted infections and help avoid pregnancy.

