

Treatment

Chlamydia is easy to treat, and if you have it we will give you a free course of antibiotic tablets. The people you have recently had sex with may also need treatment and/or a test to stop them having problems in the future or passing the infection on. We can help you to contact your partner(s) if you do not want to do so yourself.

Do tell us if you could be pregnant as you may need to take different antibiotics, and remember antibiotics can stop the contraceptive pill or patch from working.

- If you are under 25 and have ever had sex, you should get tested
- Men get Chlamydia too! It's not just a female infection
- Left untreated, Chlamydia can lead to serious health problems and may leave you unable to have children
- Treatment is free and easy. Why wait?
- Testing is quick, simple and confidential - you can even do it at home

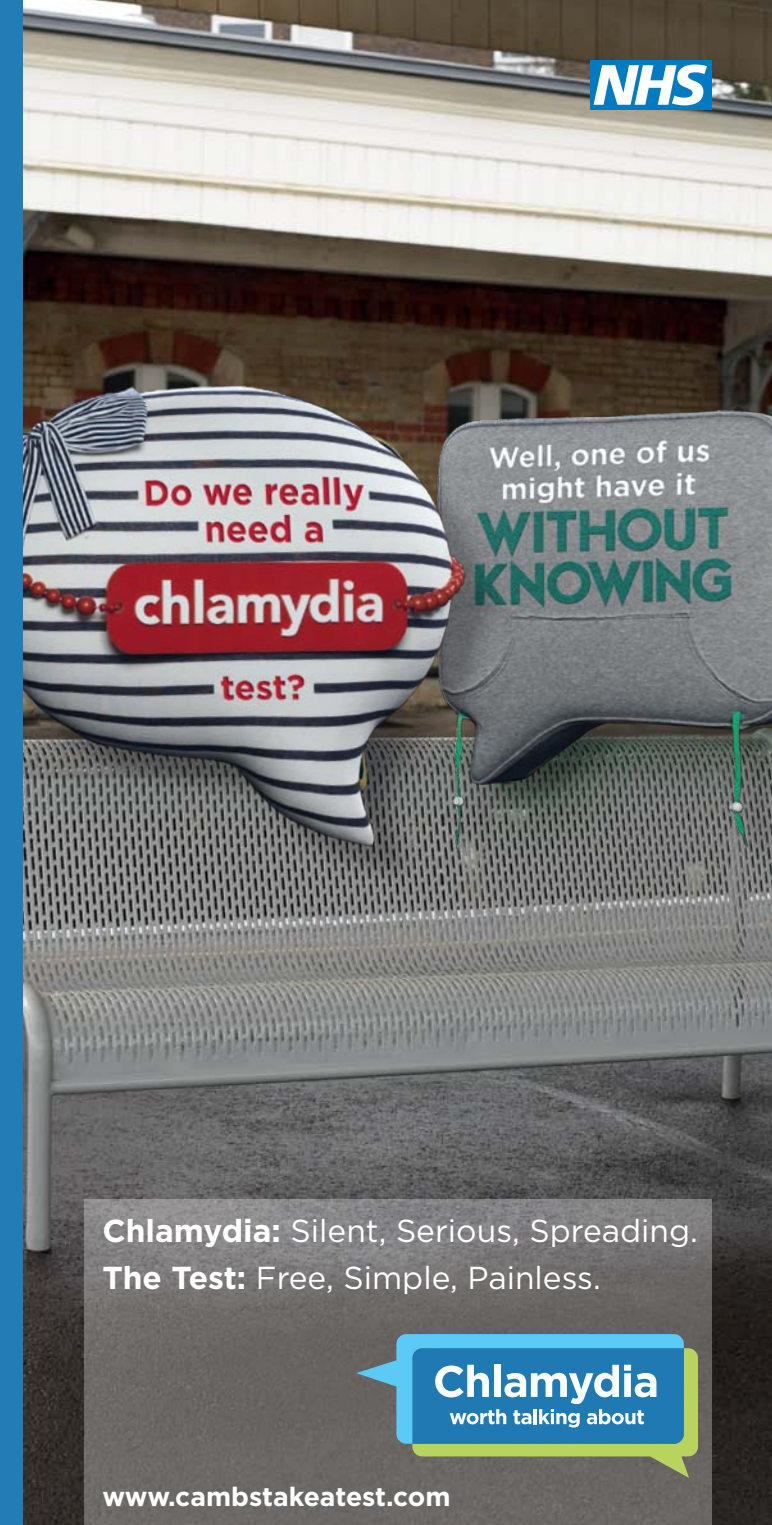
Each time you have a new sexual partner both of you should get a Chlamydia test

Have a Chlamydia test every year while you are under 25

Prevention

Preventing Chlamydia

- Use condoms every time you have sex. This can reduce the risks of getting or passing on Chlamydia and other STIs including HIV
- Do not have any sex (oral, vaginal, anal or using sex toys) with a partner until their treatment has also been completed
- If you do have Chlamydia, take all the tablets you are given



Chlamydia: Silent, Serious, Spreading.
The Test: Free, Simple, Painless.

Chlamydia
worth talking about

What is Chlamydia?

Chlamydia is the most common bacterial Sexually Transmitted Infection (STI) in the UK. It can spread very easily from partner to partner, and there are often no symptoms.

Chlamydia affects the sex organs and if left untreated can spread to other parts of the body and cause pain, especially in the abdomen (lower stomach). It may also cause infertility, meaning you might not be able to have children. Having Chlamydia more than once increases your likelihood of becoming infertile.

How do I know if I have got it?

You might not know. That's why testing is so important. Chlamydia is called the 'silent infection' as it often shows no symptoms.

If you do get symptoms, these may show up 1-3 weeks after coming into contact with Chlamydia, many months later or not until the infection has spread to other parts of your body.

If you do get symptoms you might notice:

- Unusual vaginal discharge
- Pain when peeing or having sex
- Bleeding after sex or between periods
- Lower abdominal pain
- Painful or swollen testicles

If you have any of these, please visit your GP or local sexual health service to check for infection.

The Test

Even if you don't have symptoms, if you are under 25 years old and have ever had sex, you can take a simple, free test to check for Chlamydia.

The test is quick and easy. It can be done anywhere – even at home.

It's easy and painless. You will be asked to provide a urine sample, or women can take a swab with a cotton wool bud.

You will receive your results within 2 weeks. Depending on the contact details you give us, we can text, email or post your results to you.

The test and your test results are **CONFIDENTIAL**. We will not tell anyone what you tell us.

There is no need to be embarrassed, our well trained staff are very experienced and happy to answer any questions you may have.

For a free home test, text 'SCREEN' to 84010 with your name, address, age and M or F (male or female).

Contact Details

If you are under 25, for a free home test, text 'SCREEN' to 84010 with your name, address, age and M or F (male or female) or visit: www.cambstakeatest.com

You can also request a test at your local GP practice, pharmacy or contraception and sexual health service.

For more information about sexual health services in Cambridgeshire please visit:

www.sexualhealthcambs.nhs.uk or www.youthoria.org

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