

CHLAMYDIA FACTS

(Caused by *Chlamydia trachomatis*, a bacteria)

SIGNS AND SYMPTOMS

- Usually begin 7-21 days after exposure
- Most people have no symptoms

Chlamydia Symptoms for Women:

- Most women have no symptoms
- Abnormal vaginal bleeding, discharge or itching
- Burning or pain during urination
- More pain than usual during periods
- Cramps and pain in lower abdomen
- Anal discomfort, itching or discharge

Chlamydia Symptoms for Men:

- Most men have no symptoms
- Watery or thin white discharge from penis
- Burning or pain during urination or bowel movement
- Anal discomfort, itching or discharge

TRANSMISSION

Chlamydia is spread by:

- Vaginal sex
- Oral sex
- Anal sex
- Infected mother to unborn child during childbirth

COMPLICATIONS

If left untreated, Chlamydia can:

- Lead to pelvic inflammatory disease (PID) in women
- Lead to epididymitis (swollen testicles) in men
- Lead to ectopic (tubal) pregnancy
- Lead to infertility in men and women
- Spread to other sex partners

Chlamydia and pregnancy:

- Can be passed to newborn during childbirth and cause serious eye infection or pneumonia
- Can lead to premature delivery and low birth weight

PREVENTION

Recommendations to reduce the spread of Chlamydia infection:

- Abstinence is the only sure way to prevent infection
- Always use latex condoms consistently and correctly during vaginal, oral and anal sex
- Limit your number of sex partners
- To prevent re-infection, notify all sex partners immediately to make sure they are tested and treated

TREATMENT

- Can be cured with proper medication

A PERSON CAN BE RE-INFECTED AFTER TREATMENT, SO...

- All persons whom you have had sex with during the 60 days before onset of symptoms or during the 60 days before the time of your diagnosis should immediately be evaluated and treated
- To avoid re-infection, do not have sex until you and all of your sex partner(s) are:

- 7 days past the single-dose treatment

OR

- finished with the 7-day treatment

FOR MORE INFORMATION, CONTACT:

Iowa Department of Public Health
STD PROGRAM
Lucas State Office Building
321 E. 12th Street
Des Moines, IA 50319-0075
(515) 281-3031

http://www.idph.state.ia.us/adper/std_control.asp