

Have regular STI checks.

Talking about STIs can be difficult, but any person you have sex with has a right to know if you have an STI. Discuss it when you're feeling relaxed and confident, not just before you have sex. Your partner will appreciate your honesty and that you don't want to infect him/her. You have the right to know if they're infected, too.

Remember, most people don't have a clue they've got chlamydia. If you think you're at risk, visit your doctor for an STI check or call any of the places listed in this pamphlet.

Where to go

Confidential tests and treatment are available from:

(Most of these services are free. Please telephone first to see if you need an appointment.)

Your GP or a doctor of your choice or

Sexual Health Helpline

(08) 9227 6178 or 1800 198 205 toll free
sexhelp@fpwa.org.au

Fremantle Hospital

Infectious Diseases, B2 Clinic
FREMANTLE
(08) 9431 2149

Royal Perth Hospital

Sexual Health Clinic
PERTH
(08) 9224 2178

FPWA-Sexual Health Services

NORTHBRIDGE
(08) 9227 6177 or 1800 198 205 toll free

Quarry Health Centre (For under 25's)

FREMANTLE
(08) 9430 4544

Women's Health Services

NORTHBRIDGE
(09) 9227 8122 or 1800 998 399 toll free

Derbarl Yerrigan Health Service

PERTH
(08) 9421 3888

And some regional Population Health Units and Aboriginal Community Controlled Health Services.

FOR MORE INFORMATION CONTACT

HealthInfo 1300 135 030

www.population.health.wa.gov.au

Communicable Disease Control Directorate

Department of Health
(08) 9388 4999

Regional Population Health Units

(those in bold provide clinical services)

Albany	(08) 9842 7500
Broome	(08) 9194 1630
Bunbury	(08) 9781 2350
Carnarvon	(08) 9941 0560
Geraldton	(08) 9956 1985
Kalgoorlie-Boulder	(08) 9080 8200
Northam	(08) 9622 4320
South Hedland	(08) 9172 8333



Sexual Health and Blood-borne Virus Program
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Your
sexual
health

What is Chlamydia?

Chlamydia is the most common sexually transmitted infection (STI) in Australia, particularly among young people aged between 15 and 25. It is serious for both men and women.

You catch chlamydia by having unprotected sex with an infected person.

The trouble is, most people don't realise they have it because they don't see or feel anything wrong. Without knowing it, they can pass chlamydia on to their partners.

Unless it's found and treated early, chlamydia can lead to infertility (so you can't have a baby) in both men and women.

Pregnant women can pass chlamydia on to their babies, causing serious eye and lung infections.

If you have chlamydia, it's also easier to both catch and pass on HIV.

Fortunately, there are simple tests for chlamydia, and a simple treatment.

Could I have it?

You are most at risk of chlamydia if:

- you're under 25
- you've changed sex partners in the last 12 months
- you've had more than one sex partner in the last 12 months
- you don't use condoms
- you or your sex partner has another STI.

Chlamydia can be passed on by vaginal, oral or anal sex.

If you fit into any of these risk categories, visit a doctor as soon as possible and ask for an STI check-up. It's simple.

Signs and symptoms in women

Remember, most girls and women who have chlamydia don't notice any signs at all.

Others notice:

- burning or pain when passing urine
- unusual vaginal discharge
- pain in the lower belly
- pain during sex
- unusual bleeding, or spotting, between periods.

If you have any of these symptoms - or if you are having sex with several people and don't know if they have an infection - **visit a doctor as soon as possible and ask for an STI check-up. It's simple.**

Without early treatment, women and girls can get infections in their cervix, uterus (womb) and fallopian tubes. This is called Pelvic Inflammatory Disease.

This can scar or even block the fallopian tubes (which carry eggs to the womb). It can also prevent a fertilised egg from getting into the uterus, causing an ectopic pregnancy (when the egg grows in the fallopian tube) which requires emergency surgery and can be fatal.

Signs and symptoms in men

Remember, most boys and men who have chlamydia don't notice any signs at all.

Others notice:

- whitish or yellow discharge from the penis
- burning or pain when passing urine
- irritation or soreness around the urethra (the opening of the penis).

If you have any of these symptoms - or if you are having sex with several people and don't know if they have an infection - **visit a doctor as soon as possible and ask for an STI check-up. It's simple.**

Without early treatment, men can develop prostatitis (infection and swelling of the prostate gland), epididymitis (swelling in the testicles) and infertility.

Checking it out

Your doctor will test a sample of urine. Women also need a swab taken from the vagina (which you can do yourself if you prefer). It's a good idea to have tests for other STIs at the same time.

If you have chlamydia you will get antibiotics. You need to take them all.

Your sex partners also need to get tested and treated.

Don't have unsafe sex while you or your partner are taking the treatment. You could infect each other again.

Do not drink alcohol during treatment. The alcohol stops the medicine from working properly, and you might also forget about having safe sex.

Protecting yourself and your partner

The safest ways to protect against chlamydia and other STIs are to:

Always use condoms. Condoms are the best way to protect you both from chlamydia and other STIs. Always use a condom until you're totally sure that both you and your partner don't have an STI.

Have a long-term relationship where neither of you is already infected, and neither of you have other partners.

Limit your sex partners. The fewer people you have sex with, the less chance you have of having sex with someone who has chlamydia.