

# Chlamydia

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Chlamydia is a bacterial infection that spreads through vaginal, anal and oral sex. It is one of the most common sexually transmitted infections (STIs) in New York City.

## Symptoms

Most people with chlamydia have no symptoms. If symptoms occur, they can include:

- Discharge from the vagina that is different than usual
- Bleeding between periods
- Discharge from the penis
- Pain or bleeding during or after sex
- Pain during urination
- Constipation
- Rectal pain, discharge or bleeding

## **Prevention**

Condoms and dental dams can prevent the spread of chlamydia. Having multiple partners increases your risk of getting STIs, including chlamydia.

## **Testing**

Depending on the kinds of sex you have, your health care provider may test samples from your urine, cervix, penis, rectum or throat. Be honest with your doctor about the kinds of sex you have.

## **Treatment**

Chlamydia is treated with antibiotics. The full treatment is needed to clear the infection, so it is important to take all the medication, even if you feel better. You should be retested after three to four months to make sure that you did not get infected again.

## **Why Get Treatment**

If left untreated, chlamydia can cause severe pain, infertility (the inability to have children), and painful or swollen testicles. It can increase the risk of having a tubal (ectopic) pregnancy. Having chlamydia also makes it more likely to get or transmit HIV.

## **Sex Partners**

Your sex partners also need to be treated so they do not develop serious health issues, reinfect you or pass on the infection to others. You should tell all of your sex partners from the previous two months about your infection so they can be examined and treated. You can also ask your health care provider about expedited partner therapy (EPT), which lets your provider give you extra medicine or a prescription to give to your sex partner(s) so they can be treated for chlamydia as soon as possible.

# Chlamydia and Pregnancy

All pregnant people should be tested for chlamydia and other STIs, including HIV, as early as possible in pregnancy. Chlamydia can cause premature labor and low infant birth weight. It can also cause infections in the eyes and the lungs of a newborn baby.

New York City Sexual Health Clinics provide confidential, low- to no-cost services including STI and HIV testing.

To find a clinic, visit [nyc.gov/health/clinics](https://nyc.gov/health/clinics).

