

INTEGRATED SEXUAL HEALTH SERVICE

CHLAMYDIA

Chlamydia is the most common Sexually Transmitted Infection diagnosed in the UK accounting for around half of all infections we find.

How is it caught?

Chlamydia is most easily caught through unprotected sex and this includes vaginal, anal and oral sex, as well as being passed through sharing sex toys and foreplay.

Will I know if I have it?

Around 70% of *CISfemales and 50% of *CISmales do not experience symptoms from this infection, and even where symptoms do occur these may be very mild, or disappear, meaning they can be mistaken for something else.

If symptoms do occur these usually appear between 1 and 3 weeks after acquiring an infection, although in some cases symptoms may not become noticeable for several months. Symptoms can include;

- stinging or burning sensation when urinating
- cloudy discharge from penis or vagina
- pain in pelvis (CISfemales), pain in testicles (Cismales).
- For Cismales bleeding can also occur during or after sex, and / or pain during sex.

* - CISmale / CISfemale refers to someone whose gender identity matches their Sex

<http://sexualhealth.cht.nhs/think-sexual-health>



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Will it have any long term effects?

If Chlamydia is left untreated then it can spread through the body and cause long term health problems. This can include;

- Infertility
- Ectopic Pregnancy (Where the egg is doesn't reach the womb and starts to develop in the Fallopian Tube)
- Pelvic Inflammatory Disease (PID)

How can I best protect myself against Chlamydia?

Using barrier methods such as condoms, or Dental dams, offers the best protection against infection and regular screening is a good idea. Currently we would recommend getting screened once a year, if someone is sexually active, although this would need to be more frequent depending on how often you change sexual partners.

Where can I access testing?

The Chlamydia screening programme offered in Calderdale provides a convenient way to check whether or not you have picked up an infection and is suitable where no symptoms are present. Home screening kits can be ordered through the sexual health webpage, see address at bottom of screen, or you can call our service on 01422 261370 to make an appointment, or call in to a queue and wait clinic. See our website for details of clinic times.

If you are experiencing any of the symptoms described shortly after sexual contact then please get in touch.

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Sexual Health Calderdale and Huddersfield is part of the Calderdale & Huddersfield NHS Foundation Trust

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