



It wasn't easy hearing about this, but I'm glad I got treated right away.

Learn more about chlamydia:

- Call toll free 1-800-232-4636
- Or visit www.ashastd.org

Chlamydia:

What You Should Do Now

Your sex partner has chlamydia (kla-MID-ee-a).

This is a curable infection people can get from having sex. You may have chlamydia, too.

Your partner has taken medication to cure chlamydia. You should also be seen and tested by a doctor for sexually transmitted infections (STIs) and it is recommended you take a medication to treat chlamydia as soon as you can.

Here's what you need to know:

- Chlamydia is easy to cure. But both you and your partner(s) must take the medicine as indicated as soon as possible.
- You can get chlamydia by having sex with the penis, vagina, or anus. You can also get it by having oral sex (mouth on penis, vagina, or anus).
- Many people have chlamydia and don't know it.
- Some people have burning with urination (peeing); discharge from the vagina, penis or anus; anal bleeding or pelvic pain.
- If you don't get treated, you can get very sick or you may not be able to have children.
- For people who don't get treated and later get pregnant, chlamydia can hurt their babies.

Take the pills your partner brings you.

Your partner may bring you pills or a prescription to get them. Either way, it is important to take them as indicated as soon as you can.



Here's how to take the pills:

Doxycycline (100 mg): Take one pill each morning and night for 7 days. Take with food or water if it upsets your stomach. Stay upright (sitting or standing) for 30 minutes after taking doxycycline.

OR Azithromycin (1 gram): Take all of the medicine at once, as soon as you get it.

- Do NOT share or give these pills to anyone else.
- You should space out your pills by 6 hours from any antacids (TUMS), calcium supplements, or laxatives.
- You can easily be sunburned while taking these medications, especially doxycycline.

Most people do not have severe side effects after taking these pills.

- Some people may feel dizzy or have an upset stomach/diarrhea.

These are common problems that will go away on their own in a couple of days. If they don't, talk to your doctor. Also talk to your doctor if you develop itching or discharge from the vagina.

The pills are very safe for most people.

Talk to your doctor before taking the medication if:

- You have ever had a bad reaction, rash, or allergy to antibiotics.
- You have a serious illness such as kidney, heart, or liver disease.

- You are currently taking another prescribed medication.
- You are or may be pregnant.
- You are breastfeeding.

How long does it take for the infection to go away?

It takes 7 days. For the week after you take the pills:

- It is best not to have sex at all with the vagina, penis, mouth, or anus.
- If you do have sex, you must use a condom or else you could get chlamydia again.

Go to a doctor, clinic, or emergency room right away if you:

- Have lower stomach pain.
- Have pain with sex.
- Are wheezing/having trouble breathing
- Are vomiting (throwing up).
- Have a rash or fever.
- Have pain or swelling in the testicles (balls).

This may mean you have a more severe infection and may need stronger medication, or you may be having an allergic reaction to the antibiotic.

Get a chlamydia test now.

- The test doesn't hurt; you only have to urinate (pee) in a cup. There is also a swab test you can use yourself.
- Anyone you've had sex with in the last 60 days should also get tested.
- If positive, get tested again in 3 months to make sure you didn't get chlamydia again.

Find a clinic near you:

- Ask your partner where they got tested or call the CDC hotline at 800-CDC-INFO or 800-232-4636.
- Get tested for other STIs including syphilis and HIV.
- Protect yourself from HIV with PrEP (pre-exposure prophylaxis), a daily pill that helps you stay HIV negative.