

1 in 14 sexually active young people who are tested have Chlamydia but because it often doesn't have any symptoms, most people don't know they have it. If left untreated Chlamydia can cause serious health complications including infertility (inability to have children). The good news is it's easy to get tested, and if you do have it, getting treatment is just as easy.

What is Chlamydia?

Chlamydia is a bacterial infection that primarily affects the sexual organs. The infection is spread through any kind of sexual contact with a partner where bodily fluids may be exchanged.

Who gets it?

Male and female, gay or straight, sexually active individuals. Under 25s account for 65% of the UK's Chlamydia infections which means that young people are at high risk of contracting the infection.

How do you get it?

Chlamydia is spread by sexual contact including:

- Penetrative Sex (vaginal and anal)
- Oral sex
- Exchanging bodily fluids through intimate touching
- Sharing sex toys
- Mother to baby during birth

How do you know if you have it?

You don't, as there are often no symptoms so the best way to make sure is to take a test.

Should I be embarrassed to take a test?

Not at all. The NHS is offering screens to all under 25s in the UK free of charge so we can reduce the number of people who have it. No one wants to have an STI, so taking a test simply makes sense if you're sexually active. Over 13,000 young people in Northants have already taken the test in the last 9 months so you'll be one of many.

What does the test involve?

Testing is really easy, you simply provide a urine sample (you pee in a pot), it goes off to the lab and we will then let you know if you have Chlamydia.

We will ask you for some basic details (which are totally confidential) when you send or give your sample back for testing. You choose how we notify you; either by text, phone or letter. Most young people ask for a text to be sent to their mobile phone. We won't give your result to anyone except you.

The infection is easily treated with antibiotics which clears the infection quickly and removes the risk of health problems later. Testing and treatment is free if you are under 25. It's easy and totally confidential.

What happens if I do have Chlamydia?

- Don't worry, if you do have Chlamydia, all you need is to take some antibiotics (usually 4 tablets). You can pick these up free of charge from where you took the test, or alternatively we can talk to you about where you'd like to get them from – totally in confidence.
- We also ask everyone who has Chlamydia to stop having sexual contact for a week after their treatment so we can be sure the infection has gone.
- We ask about your previous sexual partners and may talk to you about getting them tested too. You don't want to take your treatment only to be infected again straight away if your partner has it.
- The more people we can test, the more we can stop Chlamydia being passed on and reduce the risk of people being infected with it.

What happens if I don't have Chlamydia?

We will let you know and there won't be any need for treatment. We recommend you take another test if you change sexual partners in the future.

REMEMBER. CONDOMS ARE THE BEST WAY TO PROTECT AGAINST STIs.

If you would like more information about Chlamydia visit lovebugfree.com or call us on 0845 602 3511.

Chlamydia
worth talking about