



Durham Region Health Department **Facts about...**



Chlamydia

What is it?

Chlamydia trachomatis (CT) is a sexually transmitted infection (STI) caused by bacteria. Many people do not have symptoms and are not aware they have this infection. If left untreated, CT can cause pelvic inflammatory disease, a serious infection of the uterus and fallopian tubes, or lead to other health problems and infertility. CT can also cause infection of the eyes, throat, rectum, and joints.

CT can also cause a serious STI called lymphogranuloma venereum (LGV), which most often infects the lymph nodes in the genital area.

CT is a reportable infection and must be reported to the Health Department.

How is it spread?

CT is spread by direct contact with fluids of an infected person, through oral, vaginal, or anal sex. Penetration is not required to transmit CT. CT can also be passed to newborns during delivery.

It is important to tell all sexual partners within the past 60 days that you have an infection. They will need to be tested and, if necessary, receive treatment. If preferred, a nurse from the Health Department can contact your partner(s). All information including your name will be kept confidential.

What do I look for?

Males may have burning while urinating, urethral itching or discomfort, discharge from the penis that is clear, watery or milky, and/or testicular pain or swelling.

Females may have burning while urinating, abnormal vaginal bleeding, abnormal vaginal discharge, pain during sex, and/or lower abdominal pain.

Often there are no symptoms of CT.

Symptoms of LGV can appear 3 to 42 days after being infected. Symptoms range from small, painless sores on the skin of the vagina, penis, rectum, cervix, or mouth where the bacteria enter.

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If you require this information in an accessible format, contact 1-800-841-2729.



How do you test for it?

A urine sample and/or swab of the vagina, cervix, throat, or rectum may be collected.

Screening for LGV is completed based on laboratory findings or a healthcare provider's assessment.

How is it treated?

CT and LGV are treated with antibiotics. It is important that antibiotics are taken as ordered, even if you no longer have symptoms, if not, the infection may not be cured. Inform your doctor if you are pregnant or breastfeeding to ensure the medication is safe.

How can I protect myself?

- Practice safe sex and always use a condom with lubricant when having oral, vaginal, or anal sex.
- Take antibiotics as directed.
- You can have sex again 7 days after you and your partner(s) have finished treatment and no longer have symptoms.
- It is recommended that you return to your health care provider 3 months after CT treatment for a repeat test. For LGV, a test of cure should be completed 3-4 weeks after finishing antibiotics.

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