To find out more

If you’re unsure about getting a test, make sure you get further guidance. You can call 0800 567 123 for free and confidential advice. This is the National AIDS Helpline, which gives advice on all sexual infections and can also tell you the address of your nearest GUM clinic. Or you could make an appointment to see your GP.

Remember that if you have Chlamydia, your partner will also need to be tested and will require treatment too. You might want to show this card to your partner and discuss going to the clinic together for moral support.

Condoms are the best protection against sexual infection, including HIV, the virus that causes AIDS.

Visit our sexual health website www.lovelife.uk.com

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Chlamydia

Even though you’ve probably never heard of it, Chlamydia is the most common sexually transmitted infection (STI) in the UK. And it’s on the increase, especially among people under 25 years of age.

If you’ve ever had unsafe sex you may be at risk, even if you feel perfectly healthy. Chlamydia is caused by bacteria that can stay hidden for many years in either men or women but if it’s not treated, the long-term effects can be very serious.

Chlamydia can lead to:
- ectopic pregnancy (a pregnancy developing outside the womb);
- infertility in women,
- and sometimes infertility in men.

Symptoms

The difficulty is that most people don’t have any symptoms, so they aren’t aware of the long-term damage that may be taking place.

But the good news is that the test for Chlamydia is very simple. You can get tested at your local NHS sexual health clinic (sometimes called genito-urinary (GUM) clinic) and you’ll usually get the results in ten working days. If your test shows that you do have Chlamydia, there’s no need to worry because it can usually be cured completely. The clinic will give you a prescription for antibiotics.

Health Promotion England