

What if I have it?

Chlamydia can be tested by urine (pee). The clinic will give you a jar to fill with urine and will test it for chlamydia germs. Sometimes if there is a discharge the doctor or nurse may need to take a swab.

If you have chlamydia, you will be given some pills (antibiotics) that will treat it.

People you have sex with

It is really good to let people you have had sex with know you have been treated for an STI. If you are too shame, the clinic can do it for you without telling anyone your name.

If your sex partners are not treated too, you may get that STI back – and have to get treated again.

What if I don't get treated or don't know I've got it?

The chlamydia germs can stay in your body for a long time. So even if you have no pain or other signs of chlamydia, it can still be damaging you inside. If you don't get treated, you can pass chlamydia onto anyone you have sex with.

Where to get help

All the services listed will give you private help and are free:

Aurukun Primary Health Care Centre Ph: (07) 4060 6133	Malakoola Primary Health Care Centre Napranum Ph: (07) 4069 7459
Bamaga Sexual Health Clinic Ph: (07) 4090 4219	Mamu Health Service Innisfail Ph: (07) 4061 4477
Cairns Sexual Health Service Ph: (07) 4226 4769	Midin Clinic Atherton Ph: (07) 4091 6103
Coen Primary Health Care Centre Ph: (07) 4060 1166	Mt Isa District Sexual Health Service Ph: (07) 4744 4805
Gurriny Yealamucka Yarrabah Ph: (07) 4056 0100	Mulungu Aboriginal Medical Centre Mareeba Ph: (07) 4092 3428
Hope Vale Primary Health Care Centre Ph: (07) 4060 9171	Palm Island Sexual Health Service Ph: (07) 4752 5100
Injilinj Youth Health Mt Isa Ph: (07) 4749 5276	Pormpuraaw Primary Health Care Centre Ph: (07) 4060 4233
Kowanyama Primary Health Care Centre Ph: (07) 4060 5133	Thursday Island Men's and Women's Health Ph: (07) 4069 0413
Laura Primary Health Care Centre Ph: (07) 4060 3320	Townsville Aboriginal and Islander Health Services Ph: (07) 4759 4000
Lockhart River Primary Health Care Centre Ph: (07) 40607155	Townsville Sexual Health Service Ph: (07) 4778 9600
Mackay Aboriginal & Torres Strait Islander Community Controlled Health Service Ph: (07) 4957 9400	Weipa Sexual Health Program Ph: (07) 4082 3647
Mackay Sexual Health Service Ph: (07) 4968 3919	Wuchopperen Health Service Ph: (07) 4080 1000
Mapoon Primary Health Care Centre Ph: (07) 4090 9174	Wujul Wujul Primary Health Care Centre Ph: 4060 8239

CONTACT YOUR LOCAL HEALTH CENTRE

Please place Clinic Stamp/Address here:



CHLAMYDIA



Please do not litter

What is it?

An infection of the private parts is called a sexually transmissible infection (STI).

STIs are caused by germs getting inside when you have sex with someone with an STI.

You can get private help and treatment if you have an STI.

Chlamydia (say clam-ide-ee-a)

Chlamydia is an STI that can make you sick.

A person can have chlamydia without knowing it (no symptoms). It is sometimes called the 'silent STI' for that reason.

Men might get: a discharge from the penis, swollen/sore testicles and pain when passing urine (pee).

Women might get: cramps, pain below the tummy, bleeding between periods or after sex, a discharge from the vagina and pain when passing urine. If women and their partners don't get treated, chlamydia can cause infection and scarring in the womb and tubes. This is called Pelvic Inflammatory Disease (PID). If this happens a woman might not be able to have a baby.

How do you get it?

Sexual contact – oral, vaginal or anal (bum) sex.

Can be passed to babies during birth.

Condoms protect you from catching chlamydia.

The future

Chlamydia can damage men and women inside, making it really difficult or impossible to have babies. The earlier you find and treat infections the easier it is, and less damage is done to your body. Go to the clinic for a check up, a list of good places to go is on the back.

Having men's and women's health checks every year and using condoms and lube will keep you healthy and strong. This is really important for STIs like chlamydia, which you might not know you have.



CONDOMS

**Condoms stop STIs from spreading.
Here's how to use a condom:**



Check expiry date, check package is not damaged and open with care.



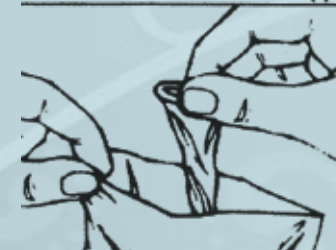
Pinch the tip so air doesn't get trapped.



Roll on when the penis is hard. Use water-based lubricant (lube).



When withdrawing hold the base of the condom so semen doesn't spill out.



Tie a knot and put it in the bin, not down the loo. It will block the pipes.