

> Chlamydia is the most common STI in the Netherlands, particularly among young people up to the age of 25. Often you won't notice that you have caught this STI but an untreated chlamydia infection can have serious complications. Chlamydia is easy to treat with antibiotics.

What will you notice if you have chlamydia?

You may notice the first symptoms of chlamydia one to three weeks after becoming infected.

Women

Most women who have become infected with chlamydia will notice nothing at all. A quarter of them will have symptoms that point to a bladder infection.

- Pain or a burning sensation when passing urine
- Pain and blood loss during and after having sex
- Bleeding between two periods
- More or unusual vaginal discharge
- Severe abdominal pain, with or without fever
- Inflammation in the pelvic area with fever
- Irritation or itching around the anus or discharge, possibly with blood, in stools (faeces) and diarrhoea

> An untreated chlamydia infection can spread to the fallopian tubes and the lower abdomen. The fallopian tubes could then become blocked. This gives a greater risk of infertility and a foetus developing outside the uterus (ectopic pregnancy).

Men

Men are more likely to have symptoms when they have chlamydia. But half of them will have no signs or symptoms at all.

- Pain or a burning sensation when passing urine
- Discharge from the urethra (urine tube), particularly in the morning
- Pain in the scrotum
- Irritation or itching around the anus or discharge, possibly with blood, in stools (faeces) and diarrhoea

> Chlamydia has no effect on a man's fertility.

Other signs and symptoms in men and women

After anal sex, the mucous membrane (lining) of the anus may become inflamed. This can cause itching, pain or a burning sensation. Throat infections caused by oral sex and a chlamydia infection are uncommon. Some people may start to have trouble with their joints.

Treatment for chlamydia

Chlamydia is easy to treat with a short course of antibiotics. It is best if your partner takes an antibiotic at the same time. This prevents you becoming infected again.

*For more information about chlamydia,
go to soaids.nl/en/chlamydia*

Warning partners

Tell your sexual partner(s) that you have chlamydia. You should at least tell any partners you've had in the previous six months. They can then be tested, even if they have no symptoms. This is not only important for their own health, but will also prevent further spread of the infection.

- > Is it difficult for you to warn partners yourself? Then ask your local GGD health centre to do it for you. They will be discreet. partnerwaarschuwing.nl is a Dutch website you can use to warn your partners.

AIDS STI helpline

Do you have a question about chlamydia that has not been answered in this leaflet?

- > **Call the AIDS STI helpline:** 0900 204 204 0 (10ct per min.)
Monday and Tuesday: 10 a.m. – 6 p.m.
Wednesday to Friday: 2.– 6 p.m.
- > **Send an email to the AIDS STI helpline:**
Sense@soaaid.nl, you will receive an answer within two working days.
- > **Or visit the chat office hour on Soatest.nl**
Monday to Thursday: 1.30 – 3.30 p.m.

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