

Questions about STDs?
Contact:

- ❖ Your Tribal Clinic
- ❖ National STD Hotline - 1-800-227-8922
- ❖ National Indian AIDS Line - 1-800-283-2437
- ❖ Hepatitis Information - 1-800-223-0179
- ❖ National Herpes Hotline - 1-919-361-8488
- ❖ CDC National AIDS Hotline - 1-800-342-AIDS
- ❖ CDC National AIDS Clearinghouse - 1-800-458-5231
- ❖ Alcohol, Drug & Pregnancy Hotline - 1-800-638-BABY
- ❖ Boystown National Youth Hotline - 1-800-448-3000
- ❖ National Gay & Lesbian Youth Hotline - 1-800-676-TEEN

Quick Quiz!
(answers below)

1. Chlamydia is caused by a:
a. Bacteria b. Virus
c. Protozoa d. Fungus
2. True or False: People always get symptoms when they have chlamydia.
3. True or False: Chlamydia is curable.
4. True or False: Even if there are no symptoms, chlamydia can still result in complications - including infertility.
5. What is the only foolproof way to prevent chlamydia?
6. True or False: Condoms can protect you from chlamydia.

ANSWERS: 1:A 2:F 3:T 4:T 5:Abstinence
6:T, if used consistently and correctly.



PROJECT RED TALON

The activities of Project Red Talon are funded by the Centers for Disease Control and Prevention (CDC). This project is designed to provide tribes in Idaho, Oregon, and Washington with education, training, and technical assistance for the prevention and treatment of STDs.

Award Number: U83/CCU024369-01

For more information contact:

Stephanie Craig Rushing, MPH
Project Director—Project Red Talon
sccraig@npaihb.org

Lisa Griggs
Administrative Assistant—Project Red Talon
lgriggs@npaihb.org

**Northwest Portland Area
Indian Health Board**

527 SW Hall, Suite 300
Portland, OR 97201
Phone: (503) 228-4185
Toll Free: (887) 955-5519
Fax: (503) 228-8182

www.npaihb.org

Sexually Transmitted Diseases

Chlamydia
The “Silent” STD



PROJECT RED TALON

“Respecting Our Bodies and Relationships”

**Northwest Portland Area
Indian Health Board**

What is Chlamydia?

Chlamydia is a Sexually Transmitted Disease (STD) caused by the bacteria ***Chlamydia trachomatis***.



Chlamydia trachomatis.

This bacteria can cause damage to a woman's reproductive organs, which can result in serious, permanent damage. It can also cause penile discharge in men.

How Do I Get It?

You CAN get chlamydia from:

- Vaginal, anal, or oral sex.
- Being born to an infected mother.

You CANNOT get chlamydia from:

- Toilet seats, doorknobs, etc.
- Swimming pools or hot tubs.
- Shared clothing.

Remember - You can get chlamydia again (be re-infected) even if you had it before and were successfully treated.

Re-infection is particularly dangerous in women because multiple infections increases the risk of reproductive health complications, including infertility.

Quick Fact: In the U.S., chlamydia rates are over two times higher among American Indians than other ethnicities. Chlamydia is the most common bacterial STD in the US.

Signs and Symptoms - Why Is It Called "Silent?"

Most infections do not produce any noticeable symptoms. If symptoms do occur, they usually appear 1-3 weeks after exposure.

Even if there are no symptoms, the infection can cause serious health problems, including infertility and death.

Possible Symptoms:

Women - Genital Infection

- 75% of infections produce no signs
- Abnormal vaginal discharge
- Burning sensation when urinating
- Lower abdominal or back pain
- Nausea or fever
- Pain during intercourse
- Bleeding

Pelvic Inflammatory Disease (PID):

40% of women with untreated chlamydia develop PID. PID can cause permanent damage to the fallopian tubes, uterus, and surrounding tissues. PID can lead to chronic pelvic pain, infertility, and ectopic pregnancy, which can be fatal.

Men - Genital Infection

- 50% of infections produce no signs
- Discharge from penis
- Burning sensation when urinating
- Burning or itching around the opening of the penis
- Rectal Infection (from anal sex)
- Throat Infection (from oral sex)



Quick Fact: People infected with chlamydia are 2-5 times more likely to become infected with HIV, if exposed.

Testing - Laboratory tests are available to detect the bacteria using a urine test or swab.

Treatment - Chlamydia can be easily cured with antibiotics. Because you can become re-infected with Chlamydia, it is important that all sex partners of an infected person be tested and treated.

People with chlamydia should not have sexual contact until they - and their sex partners - have completed treatment.

Reduce your Risk - What Works:

- Abstinence
- Annual screening: All sexually-active women under age 25 should be screened at least once a year.
- Sticking to one mutually-monogamous partner, who has been tested and is uninfected.
- Good communication between partners about sexual history.
- Latex condoms (if used consistently and correctly).
- Avoiding alcohol and drugs.

What DOESN'T Work:

- "Pulling out" (removing the penis from the vagina before ejaculation occurs).
- Birth control (pill, injection, patch...)
- Washing genitals, urinating, or douching after sex.