

IT'S EASY TO GET A

DISCOUNTED CONSULTATION

WE ARE MAKING OUR SERVICES MORE AFFORDABLE FOR EVERYONE

BECOME A MEMBER AND SAVE TODAY!

WHAT DO YOU GET AS A MEMBER?

- Special members discount rates for consultations at SHFPACT clinic and Canberra Menopause Centre.
- 5% discount on bookshop purchases.
- Free or discounted attendance at health information and special events. For example: Healthy Menopause Information Evenings by the Canberra Menopause Centre, Parent Information Evenings about communicating with your children and young people about puberty, relationships, etc.
- SHFPACT members enews that will keep you updated with special members events, activities and other services.

JOIN ONLINE AT
shfpact.org.au
OR AT RECEPTION



OPENING HOURS

Please contact our reception staff on 02 6247 3077 or visit shfpact.org.au for SHFPACT clinic hours

LOCATION

SHFPACT is conveniently located in the city.

Level 1,
28 University Avenue
Canberra ACT 2601

CONTACT

02 6247 3077
shfpact@shfpact.org.au

ENGAGE

shfpact.org.au
facebook.com/shfpact
twitter.com/shfpact

DONATE

All donations to SHFPACT over \$2.00 are tax deductible

SHFPACT CLINICAL SERVICES

- Contraceptive advice, information and services
- IUDs and other long acting contraceptive options
- Cervical screening
- Canberra Menopause Centre
- Unplanned Pregnancy Counselling Service
- Sexually transmissible infections (STIs): testing, treatment and advice
- Blood borne virus and HIV testing
- Emergency contraception (the 'Morning After' Pill)
- Breast checks and breast awareness education
- Fertility issues and pre-conception advice
- Sexual difficulties and sexuality education
- PrEP information, advice, and prescriptions

SHFPACT is a health promotion charity (HPC) assisted with funding from the ACT Government.



Sexual Health and Family Planning ACT
Level 1, 28 University Ave, Canberra City
Call 02 6247 3077

shfpact.org.au

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I'M ALL ABOUT
CHLAMYDIA



What is chlamydia?

Chlamydia is a very common sexually transmissible infection (STI) which is caused by a bacterium called chlamydia trachomatis. It is the most common bacterial STI in young people under 30 in Australia. Chlamydia is easy to catch, easy to test, and easy to treat.

It can cause infection of the cervix, anus, throat, urethra(penis), and occasionally the eyes.

How do you get chlamydia?

You get chlamydia by having sex without a condom with a person who has the infection. Chlamydia is sometimes also transmitted through oral sex.

Is a chlamydia infection serious?

If chlamydia is left undetected and untreated, it can cause serious health problems; this includes Pelvic Inflammatory Disease (PID). PID is a serious infection of the uterus(womb) and the fallopian tubes and can lead to chronic pelvic pain and infertility.

Chlamydia infection can also cause damage to the small tubes in the testes which can also affect fertility.

Early detection and treatment can prevent these problems occurring.

References: Australian STI Management Guidelines for use In primary care. sti.guidelines.org.au • Victorian Sexual Health Network: staystifree.org.au/get-the-facts/chlamydia

What are the symptoms of chlamydia?

Most people with chlamydia have no symptoms. This is why it's important to test regularly. If symptoms do occur, they include:

If you have a vagina:

- Unusual vaginal bleeding (between periods or after sex)
- Unusual vaginal discharge
- Pelvic pain
- Pain during sex
- Pain or burning passing urine

If you have a penis:

- A discharge from the penis (often clear)
- Redness at the tip of the penis
- Pain and swelling in the testicles
- Pain or burning passing urine

Anus:

- Pain or bleeding from the anus

How do you test for chlamydia?

Testing for chlamydia is easy.

- If you have a penis, the test for chlamydia is a urine test.
- If you have a vagina, the test for chlamydia is a self-collected vaginal swab or a urine test.
- If you are having anal sex, you may also need a self-collected anal swab.

When should I have a test for chlamydia?

You should have a chlamydia test if:

- You have ever had unprotected sex
- You have had a new sexual partner since your last chlamydia test
- You have a sexual partner who has been diagnosed with chlamydia or another STI
- Your sexual partner has had sex with a person who may have chlamydia
- You have been diagnosed with another STI
- You have any signs or symptoms

How do you treat chlamydia?

Chlamydia is treated with oral antibiotics. If you have symptoms you may need different antibiotics, your doctor will discuss this with you.

How long does it take after treatment for any symptoms to go away?

If you have symptoms, they should start to go away within a few days of starting treatment.

When can I have sex again after treatment for chlamydia?

It is essential that you do not have any sex until seven days after you finish your treatment. If your partner has been treated, you must not have sex with them again until seven days after they finish their treatment.

Do I need to be tested again?

Yes, you should have a test of re-infection three months after treatment.

How do I protect myself from chlamydia?

The best way to protect yourself from chlamydia infection is to use condoms when having sex (or a dam for oral sex). To fully protect yourself, you need to use a condom the whole time you have sex, so you avoid sharing any body fluids. Sex toys also need to be washed or use a condom to cover them before sharing between partners.

Do I need to tell my sexual partners that I have been diagnosed with chlamydia?

Yes, you will need to tell any sexual partners from the last six months so that they can be tested and treated. Telling sexual partners is the best way to control the spread of chlamydia.

How do I tell them?

It is best to tell partners directly, either in person, by phone call, or text message. Your nurse or doctor can help you with this if needed.

In addition, there are websites which allow you to anonymously notify someone that they have been exposed to an STI. These websites are:



Let them Know
letthemknow.org.au
This website is available for anyone to use.



The Drama Down Under

Where To Go For Information and Testing

- **Sexual Health & Family Planning ACT (SHFPACT)**
Call **026247 3077** or visit shfpact.org.au
- **Canberra Sexual Health Centre (Canberra Hospital)**
Call **02 6244 2184** or visit health.act.gov.au/sexualhealth
- Your own GP or local Health Centre