

# 1.8 MILLION PEOPLE GET CHLAMYDIA EACH YEAR.

## STAY SAFE AND GET AN ANNUAL SCREENING.



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# Chlamydia has lasting effects.

## HERE'S HOW YOU CAN AVOID THEM.

## You can protect yourself.

The best way to lower your risk of infection is simple — don't have sex. But because this isn't practical for most people, we recommend the following tips:

- Limit yourself to one partner.
- Make sure your partner has been tested.
- Use condoms.

## Chlamydia usually has no symptoms.

Chlamydia can be sneaky because you probably won't have any symptoms you can see or feel.\* This means you could have chlamydia and not know it. Symptoms to look for include:

- Burning when you urinate.
- Discharge or bleeding from the vagina, penis, or rectum.

## Stop the spread.

If you test positive, you're not alone. Over a million people test positive for chlamydia each year.\*\* Luckily, it can be easily cured with antibiotics. When you're treating chlamydia, it's important to:

- Take all of your prescribed antibiotic as directed.
- Follow up with your provider if your symptoms don't improve.
- Abstain from sexual activity during treatment.
- Re-test in three months.

## Think about your future.

Thinking about starting a family someday? Chlamydia can affect your ability to have children by damaging your reproductive system.\* If left untreated, it can cause:

- Pelvic inflammatory disease (PID), which can cause chronic pelvic pain and other problems during pregnancy.
- Premature childbirth, which can cause serious health complications for mothers and their babies. Chlamydia can also spread to newborns during birth.
- Infection or reduced fertility in men.

## Getting screened is easy.

Take the first step in protecting your health by talking to your health care provider about which screenings are right for you.



## Still have questions?

For preventive care and benefit information, call the Highmark Member Service number on the back of your ID card.

Remember, these are just general guidelines. For more personal help, talk to your health care provider.

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## Ask your health care provider about testing and treatment.

**DATE:**

**TIME:**

**LOCATION:**

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\* [cdc.gov/std/chlamydia/stdfact-chlamydia.htm](https://www.cdc.gov/std/chlamydia/stdfact-chlamydia.htm)  
\*\* [uspreventiveservicestaskforce.org/uspstf/document/RecommendationStatementFinal/chlamydia-and-gonorrhea-screening](https://www.uspreventiveservicestaskforce.org/uspstf/document/RecommendationStatementFinal/chlamydia-and-gonorrhea-screening)  
\*\*\* [ncbi.nlm.nih.gov/pmc/articles/PMC7558888/](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC7558888/)