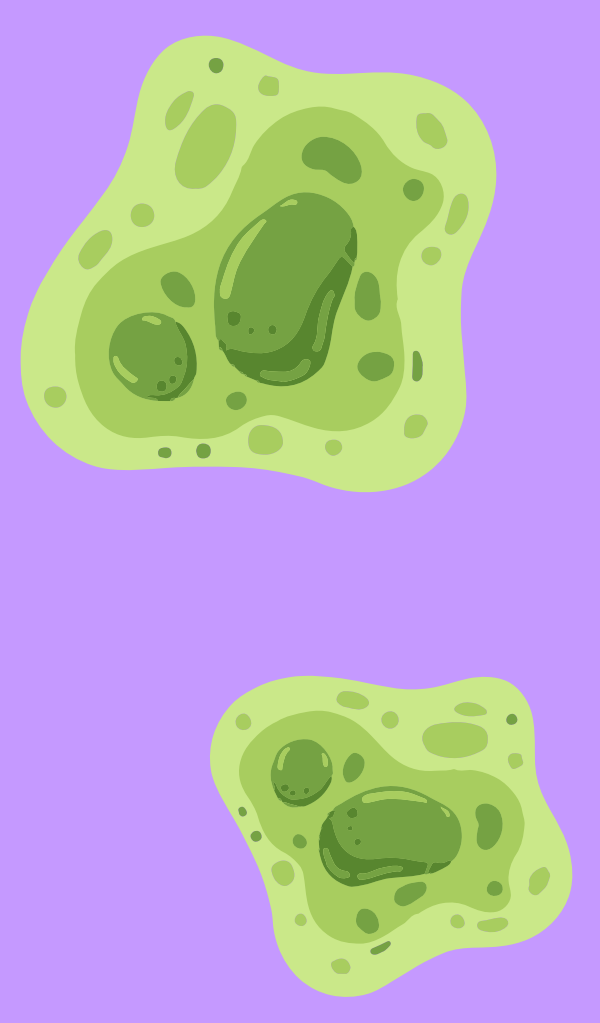


Chlamydia Is the Most Common Sexually Transmitted Infection in the Military



Learn the facts about avoiding and treating chlamydia

Chlamydia is **3x more common** in servicewomen and service members with female biology than in male service members

3X
more
common



233,886 chlamydia infections were reported among all active-duty service members from 2013 to 2021.

Chlamydia cases increased by **64%** among all active-duty service members from 2013 to 2019.

To prevent infection, it's important to know the symptoms and understand the risks.

How to identify chlamydia

People often don't know they have chlamydia because it frequently has no symptoms.

When symptoms are present, they may include:

- Vaginal discharge
- Pain during sex
- Bleeding between periods and after sex
- Frequent and/or painful urination
- Rectal pain, discharge or bleeding



Tips to prevent chlamydia

- ✓ Use **external latex condoms or internal polyurethane condoms** during sexual contact
- ✓ **Speak openly** with a medical provider about your sexual history
- ✓ Get regular screenings for STIs
- ✓ **Avoid douching**, which can kill good bacteria in the vagina and increase the risk of infection
- ✓ Limit your number of sex partners

What to do if you've been diagnosed with chlamydia



Take antibiotics



Avoid having sex during treatment



Get re-tested 3 months after an initial infection

Possible complications of chlamydia

- **Pelvic inflammatory disease**, an infection of the uterus and fallopian tubes
- Passing the infection to a newborn during childbirth
- **Ectopic pregnancy**, when a fertilized egg grows outside of the uterus
- **Infertility**
- **Reactive arthritis**, a condition affecting the joints, eyes and urethra

