

Chlamydia or Gonorrhoea

Since I last saw you, a health professional has told me that I have chlamydia gonorrhoea. It is a sexually transmitted infection. You might have this infection too.

You could have this infection even if you don't have symptoms. It's important that you see a doctor or a nurse quickly to get treated and tested. The treatment is simple and free.

In women, untreated chlamydia and gonorrhoea can cause health problems such as infertility (can't have kids) or chronic pain in the lower abdomen. In men, those infections can cause testicular pain. If left untreated, gonorrhoea can cause an infection in a joint or in the blood. Chlamydia and gonorrhoea increase the risk of getting or spreading HIV.

Avoid having sex until you get treated. If you can't wait, use a condom for vaginal and anal sex. When you have oral sex, use a condom or a piece of latex. This way, you'll avoid spreading the infection.

To find out where to go to get treated and tested, call
> **Info-Santé at 8-1-1.**

For more information, go to the following websites:

- > itss.gouv.qc.ca/accueil_en.dhtml (for youth)
- > sante.gouv.qc.ca/en/ (for the general public)

It's important for me to share this news with you because I care about your health.

Information about chlamydia and gonorrhoea

PREVENTION	MODES OF TRANSMISSION	SYMPTOMS	SCREENING	TREATMENT
<p>Condoms provide the best protection against sexually transmitted infections. Using a condom when shating sex toys reduces the risk of transmission (use a new condom for each partner).</p> <p>A piece of latex (cut out of a non-lubricated latex condom or glove) decreases the risk of transmission during oral sex (contact between the mouth and the vulva or anus).</p> <p>→ Avoid having sex until you get treated, or always use a condom when you have vaginal or anal sex. When you have oral sex, use a condom or a piece of latex.</p>	<p>Sexual transmission</p> <ul style="list-style-type: none"> > Contact between the penis and the vulva, vagina or anus, with or without ejaculation > Contact between the mouth and the penis, vulva, vagina or anus > Rubbing genitals with your partner > Sharing sex toys <p>Transmission from an infected mother to her infant during childbirth.</p> <p>→ You can catch chlamydia and gonorrhoea more than once.</p>	<p>Often there are no symptoms. When there are symptoms, these can be</p> <ul style="list-style-type: none"> > abnormal vaginal discharge, bleeding after sex and between periods, > pain during sex, > abnormal discharge from the penis or anus, > itching or burning sensation when urinating, > testicular pain, > pain in the anal area, > sore throat (rare). <p>→ You can have and spread chlamydia or gonorrhoea even if you don't have any symptoms.</p>	<p>Depending on the infection and sexual behaviours</p> <ul style="list-style-type: none"> > a sample of secretions taken from <ul style="list-style-type: none"> • the vagina • the cervix • the urethra (penis) • the anus • the throat > a urine sample 	<p>Antibiotics</p> <ul style="list-style-type: none"> > completely cure chlamydia and gonorrhoea > prevent complications when they are taken early and correctly > are free for people who are infected and their partners. To get free access, a person must have a prescription and present his or her health insurance card at the pharmacy.
<p>→ Because you've been in contact with someone who has chlamydia or gonorrhoea, you must see a doctor or a nurse quickly to get treated and tested.</p>				