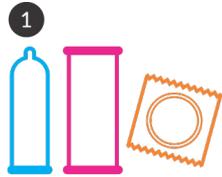


# 5 secrets to safe sex



1 Protect yourself



2 Talk to your partner



3 Get tested



4 Plan pregnancy



5 Know your body

## Male Condom Instructions



## Female Condom Instructions



## Want to know more?

### Central/East

Our place (Youth friendly services)	3319078
Reproductive health clinic (Suva)	3319144
CWM Hospital	3813444
Korovou Hospital	3430044
Vuridawa Hospital	3435030
Kadavu Hospital	3620788
Navua Hospital	3460181
Levuka Hospital	3440088

### West

Reproductive Health (Lautoka)	6640243
	6660411
Lautoka Hospital	6660399
Nadi Hospital	6701128
Ba Hospital	6674022
Sigatoka Hospital	6500455

### North

Reproductive Health Clinic (Labasa)	8812522
Labasa Hospital	8811444
Wainikoro Health Centre	8832444
Nabouwalu Hospital	8836044
Savusavu Hospital	8850444
Taveuni Hospital	8880444

## About Chlamydia, and protecting yourself



Did you know that 1 in 4 people have a Sexually Transmitted Infection?

What's your status?

# About Chlamydia, and protecting yourself

## WHAT IS IT?

Chlamydia is a bacterial infection that infects the reproductive organs, throat or anus. Chlamydia is one of the top STIs in the Pacific Islands.

## AM I AT RISK?

Risk factors include:

1. Unprotected sex: anal, oral, or vaginal
2. During delivery: through the birth canal from mother to baby

Preventing an STI is easier than treating an STI.

## HOW DO I KNOW I HAVE IT?

Swab test from the vagina, anus or throat at your nearest health facility.

Get tested!

## SYMPTOMS

- Unusual discharge from the penis, vagina, or anus
- Pain during sex
- Pain when passing urine
- Women may have bleeding between periods or after sex
- Lower stomach pain

## COMPLICATIONS

- Left untreated Chlamydia can cause:
- Pelvic Inflammatory Disease (inflammation and fever)
  - Baby getting conjunctivitis (bacteria in eyes that can harm vision) during delivery
  - Infertility
  - Unsafe or deadly pregnancy

## WHAT NOW?

### TREATMENT

- Antibiotic tablets
- Your sexual partner(s) need to be tested
- Avoid sex at least a week after you and your partner have been treated
- Follow up test after 3 months to ensure you have not gotten the infection again

### PREVENTION

- Know your status and that of your partner
- Use a condom from start to finish each time you have sex

Get tested every  
**6 months.**