

sex talk.

answers to your questions about sex and relationships

wildfact

Chlamydia infects at least 3 million people in the US each year, mostly teens and young adults.

I found out that I have chlamydia. I told my boyfriend and then he tested positive, too. I think he gave it to me but he thinks I gave it to him. Where did it come from? Is there any chance my vibrator caused the infection? Can you get chlamydia from not cleaning a sex toy after use?

Chlamydia is the most common sexually transmitted infection at the UA and it's passed from person to person, usually from direct genital to genital contact. One of you gave it to the other (unless you BOTH got infected from contact with other sex partners). You may never be able to determine the source of this current infection, which can lead to lots of finger-pointing. The most important action is for both of you to get medical treatment and medication.

Vibrators and other sex toys can transmit organisms between sex partners if not cleaned properly between contact (use diluted bleach and water solution or mild soap and water for most products; follow the manufacturer's instructions). However, chlamydia has to come from someone who has the infection; it does not spontaneously appear on sex toys. Your vibrator can only get infected through contact with an infected person.

Because most women with chlamydia (and about half of men) do not experience symptoms, the best advice for sexually active people is to get tested regularly. According to the medical testing gurus who do the research, **annual chlamydia testing is recommended for all sexually active women 25 years and under.** It's also suggested for women older than 25 who have new partners or multiple sex partners.

Why should you get tested for chlamydia each year? Chlamydia can lead to serious complications such as pelvic inflammatory disease (PID) and possibly, infertility. The test is easy- you pee in a cup or swab your vagina. Chlamydia is easy to cure with a simple antibiotic. Males should get tested if they have a discharge from the penis, or if they have pain or burning with urination. Or, talk with a health care provider about testing.



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Have a question? Email it to sextalk@email.arizona.edu



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