



UK Health
Security
Agency

Say yes to chlamydia testing

What is chlamydia?

Chlamydia is one of the most common sexually transmitted infections (STIs) in England, especially amongst people under 25 years old. But most people with chlamydia will not have any noticeable signs or symptoms of the infection.

Chlamydia is easy to treat and cure. Anyone who's sexually active can get chlamydia and pass it on. You don't need to have lots of sexual partners.

Why have I been offered a chlamydia test today?

You have been offered a free, confidential chlamydia test as part of the National Chlamydia Screening Programme (NCSP).

This test is being routinely offered to under 25 year old women and other people with a womb or ovaries. This includes transgender men, and non-binary people assigned female at birth, and intersex people with a womb or ovaries.

For this group, chlamydia can cause inflammation and pain in the pelvis, an ectopic pregnancy (a pregnancy in the fallopian tubes) and infertility (being unable to have children). This risk is increased if you get the infection again and again. It's very rare for men and other people without a womb or ovaries to get any serious health complications from chlamydia.

Because of this, whenever you are offered a chlamydia test, you should consider taking it.

What is the chlamydia test?

The test is free, confidential, and simple. It involves taking a swab with a small cotton bud, which is gently wiped around the opening and inside the vagina. You can do this yourself, without the need for an examination.

You will need to provide a way of being contacted with your results. This can be your mobile number, email, or address.

An organisation called the UKHSA counts how many people in England have chlamydia and other STIs. Details of your test results will be sent to them, but not your name or contact details. For details on how UK Health Security Agency (UKHSA) uses and protects this information, please refer to [UKHSA's sexual health and HIV privacy notice](#).

What if I have chlamydia?

Chlamydia can be easily treated with antibiotics. The antibiotic treatment for chlamydia is free on the NHS. If you are pregnant you should tell us because you may need different antibiotics.

If you have chlamydia, you will be told where you can get your treatment from.

As chlamydia is passed on through sexual contact, it is important that the people you have had sex with recently are also tested for chlamydia as well as other STIs. They may also be offered treatment for chlamydia. A sexual health clinic can help you to contact your recent partners if you want.

If you have chlamydia, you should have another test around 3 to 6 months after being treated. This is because young adults who test positive for chlamydia are at increased risk of catching it again.

If I don't want the test today, can I get tested for chlamydia at another time?

In England, it is recommended that women and other people with a womb or ovaries aged under 25 years and who are sexually active, have a chlamydia test on change of sexual partner or annually (once a year).

Anybody who has symptoms of a STI or has any concerns about their sexual health can contact a sexual health clinic for advice and testing. In some areas, you can also order a free test online.

For more information and to find out where you can get STI testing locally visit the [NHS website](#) or [Sexwise](#). You can also call the Sexual Health Helpline: 0300 123 7123, minicom: 0800 521 361.

How to protect yourself against chlamydia and other STIs

Using [condoms](#) consistently and correctly helps protect against chlamydia other STIs (such as gonorrhoea and syphilis), HIV and unplanned pregnancies. You can find out more about condoms and STIs on the [NHS website](#).

Regular testing for HIV and STIs is essential for good sexual health and everyone should have a STI screen, including a HIV test, annually if having condomless sex with new or casual partners.