

Make sure the woman you become is the woman you want to be

Few people talk about getting tested for STDs (sexually transmitted diseases), but lots of them do it. Get tested. You'll be in good company.

STDs happen more than you think. To single people, people with a steady partner, even people who've only had one partner. That's why more and more people are finding out for themselves—by getting tested.

Get tested once a year. It's the only way to know for sure. Chlamydia is common. You can feel ok and still have Chlamydia. Chlamydia is easy to treat and cure.

But if you don't treat it, it can give you trouble to have babies later in life. It can also give you PID and pain on your lower belly. And if you have chlamydia it may be easier to get HIV.

That's why sexually active girls and young women need a chlamydia test every year—to find it and treat it before it gives health problems.

WHEN SHOULD I BE TESTED?

If you are 25 or younger and having sex, you should get a test for chlamydia at least once a year—even if you feel ok.

You should also get the test if you are:

- Older than 25 and you're having sex with more than one partner.
- Older than 25 and you have a new sex partner.
- Pregnant.
- Having sex with someone who has chlamydia or has burning or discharge

HOW COULD I GET CHLAMYDIA?

- You can get it by having sex with someone who has it—even if your partner feels ok
- It can last a long time and you can still feel ok. That's why it can be passed between partners who don't know they have it.
- You can get it from a steady boyfriend or girlfriend, just as you can get it from someone new.
- Even people who have only had one partner can get chlamydia.

When you get a pelvic exam or Pap test, you are not always getting a test for Chlamydia. But your doctor can test you for Chlamydia at the same time. All you need to do is ask!

HOW DO I BRING UP TESTING WITH MY DOCTOR?

Many doctors do not always test for Chlamydia. So you need to ask for it.

- You can talk about it by saying that you've heard that girls and women your age are supposed to be tested every year. It is something you want to do for your health!
- You don't need to be shy with your doctor. No matter how something bothers you, it won't be the first time your doctor has heard it!
- Doctors don't judge you for things you have or haven't done. It is their job to keep you healthy, and to keep what you say private.
 - If you feel your doctor is judging you, find someone you are more comfortable talking to. There are clinics and doctors for women's health, where the doctors and nurses will support and not judge you. Check with your health plan.