Important information for you!

Why am I receiving this?

Someone you had sexual contact with has been diagnosed with chlamydia. This person cares about your health and told a health care provider that they may have exposed someone else to chlamydia. You are receiving this educational material to make sure you are informed of your possible exposure and have information to take care of your health.

Expedited Partner Treatment

Expedited partner treatment (EPT) lets health care providers give medication or a prescription to patients diagnosed with chlamydia to give to their partner(s) who may have been exposed.

How do I use EPT?

1. Read this information to find out about EPT, chlamydia, and the medicine used to treat it. Make sure that you can take it safely.
2. The medicine given to you specifically treats chlamydia.* You should contact a health care provider to get tested for other sexually transmitted infections (STIs) and HIV.
3. If you have a prescription, go to a pharmacy and fill the prescription.
4. Once you have the medicine, follow the information provided. If you have questions, talk with a pharmacist or health care provider.
5. Follow up with a health care provider in three months to make sure that you do not have chlamydia. Get tested for other STIs and HIV.
6. If you have other sex partners who you think may have been exposed to chlamydia, tell them to get tested or contact Maine CDC and ask about Partner Services- a way to anonymously notify your sex partners of potential exposure to an STI and/or HIV.

*If you also get EPT for gonorrhea, you will need to take both medicines to cure both chlamydia and gonorrhea.

If you are pregnant or think you could be pregnant, see a health care provider as soon as possible. **Certain medications are not safe to take during pregnancy**. If you are pregnant, contact your health care provider for a complete exam including testing for HIV and STIs.

What is chlamydia?

Chlamydia is an STI caused by bacteria that you can get from oral, vaginal, or anal sex. Anyone who has sex can get chlamydia. Chlamydia can infect the genitals, mouth, throat, and rectum. Chlamydia is spread through sex with someone who has chlamydia, without the proper use of a condom or dental dam.

How do I know if I have chlamydia?

There are many symptoms of chlamydia, but many people do not have any symptoms. People who do not have symptoms can still pass infection to other sex partners.

If you have symptoms, they usually start within 30 days after you had sex with someone who has chlamydia. Many times, symptoms appear within a few weeks. People with symptoms may have one or more of the following:

- Pain or itching when peeing
- Yellow-white discharge from the vagina or penis
- Vaginal spotting or bleeding between periods
- Rectal pain or discharge

If you have symptoms of a more serious infection (e.g. fever, pelvic pain in women, testicular pain in men) seek medical care as soon as possible.

Treatment

You are getting either doxycycline or azithromycin (Zithromax).

Doxycycline is an antibiotic. It will only cure chlamydia. It will not cure other STIs. Doxycycline is **NOT** safe to take during pregnancy. If you are pregnant, contact your health care provider for other treatment.

Azithromycin is an antibiotic. It will only cure chlamydia. It will not cure other STIs. Azithromycin is not as effective at treating chlamydia in your anus compared to doxycycline.

If you throw up within 24 hours of taking your medicine, call a health care provider. The medicine might not have gotten into your body to treat the infection.

DO NOT share your medicine.

DO NOT have oral, anal, or vaginal sex with or without condoms or dental dams for seven days after you take your medicine.

How can I protect myself from STIs?

Get tested for other STIs. You should get tested at each body site where you have sex. Certain STIs can infect the genitals, throat, and rectum. Testing only the genitals may miss an infection you have elsewhere. If you have a history of two or more STIs, you are at increased risk for re-infection and HIV.

Wait to have sex. After you and your partner(s) each take the medicine, wait at least seven days before you have any sex. This gives the medicine time to work. If you have sex too soon, you or your partner(s) could get the infection again. Talk about the risk and prevention of STIs with new partner(s) BEFORE you have sex.

Use a condom or dental dam every time you have oral, anal, or vaginal sex. When used correctly, condoms and dental dams can greatly reduce the risk of getting STIs.

For more information, please contact your health care provider or Maine CDC's STI Prevention Program at 207.287.3747 or maine.gov/dhhs/mecdc/diseases-conditions/sexually-transmitted-diseases

Maine Center for Disease Control and Prevention