

## Why all the fuss?

**As a teenager or young adult, you are at greater risk of getting a sexually transmitted disease (STD) than any other age group. STDs left untreated can result in infertility. This means you will not be able to have children someday.**

Sex carries the risk of pregnancy, STDs, and heartache. Abstinence (choosing not to have sex) is the only sure way to remove these risks. The more you know, the more you can protect yourself or a friend who is having sex.



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MHD: 3/10/11

8266DM0611

# Chlamydia: Teens & Young Adults



## Chlamydia is the most common sexually transmitted disease (STD) among teens and young adults

In fact, it is an epidemic now. It is caused by a nasty bug (bacteria) that must be treated. It will not go away on its own. Most people with Chlamydia DO NOT have symptoms. If they do, some symptoms are:

- Burning or painful urination (pee) in males and females
- Bleeding from the vagina between periods in females
- Discharge from the vagina with a bad odor in females
- Discharge from the penis in males
- Swollen or tender testicles in males

## So if most people do not show symptoms, how do you know when to get tested?

If you are having sex, you should be tested for Chlamydia each time you get a health exam. Tell your provider that you are having sex. This information is important to your health. You and your partner need to be treated if an STD is found. The STD can be passed back and forth if you are not treated at the same time. Local public health clinics also provide testing and treatment for STDs at no cost to you.

## How you can lower your risk of getting Chlamydia and other STDs?

- Use a latex condom. Use it correctly. Use it every time you have sex. Other birth control methods DO NOT protect you from STDs.
- Do not have sex with many people. It is OK to stop having sex even if you had sex before. You have a higher chance to get an STD the more people you have sex with.
- Know the signs and symptoms of STDs. Do not have sex with someone whom you think may have a STD.
- Learn more about STDs. Call your provider or the National STD Hotline at **1-800-227-8922**.

## Many teens and young adults are choosing not to have sex

It is OK to say “No” to sex. Remember that even if you are having sex now, you can always say “No” the next time. Having sex has many physical and emotional risks. There is no protection for a broken heart. Many young men may be thinking “sex for sex” when many young ladies think it is love. The risk of pregnancy and STDs can be decreased but not completely eliminated. Only abstinence keeps you 100% safe! Whether or not you are a teen who is having sex, pass this information along. Help prevent the spread of STDs.

