

English	简体中文 Simplified Chinese (Mandarin)
<p><b>Chlamydia</b></p> <p>Chlamydia is a bacterial infection and is one of the most common sexually transmitted infections in the UK.</p> <p><b>How do I get chlamydia?</b></p> <p>The most common way to get chlamydia is by having unprotected vaginal, anal or oral sex (sex without a condom). Other ways of getting chlamydia include:</p> <ul style="list-style-type: none"> <li>• sharing sex toys that aren't washed or covered with a new condom each time they're used</li> <li>• your genitals coming into contact with your partner's genitals – this means you can get chlamydia from someone even if there is no penetration, orgasm or ejaculation</li> </ul>	<p><b>衣原体</b></p> <p>衣原体是一种细菌感染，是英国最常见的性传播感染疾病之一。</p> <p><b>我怎么感染的衣原体？</b></p> <p>衣原体感染的最常见途径是通过无保护的阴道性交、肛交或口交（不使用安全套的性行为）。其他感染衣原体的途径包括：</p> <ul style="list-style-type: none"> <li>• 共用未洗过的或未在每次使用时套上新避孕套的性玩具</li> <li>• 您的生殖器与伴侣的生殖器接触 – 这意味着即使没有进入体内、性高潮或射精，您也可能从某人身上感染衣原体</li> <li>• 被感染的精液或阴道分泌液进入眼睛</li> </ul> <p>衣原体也可以由孕妇传染给婴儿</p>

- infected semen or vaginal fluid getting into your eye

Chlamydia can also be passed by a pregnant woman to her baby.

## Symptoms of chlamydia

Most people with chlamydia don't notice any symptoms and don't know they have it.

If you do develop symptoms, you may experience:

- pain when peeing
- unusual discharge from the vagina, penis or rectum (back passage)
- pain in the tummy, bleeding after sex, and bleeding between periods
- pain in the testicles
- red, sticky eyes

## Testing for chlamydia

## 衣原体的感染症状

大多数衣原体感染者不会注意到任何症状，也不知道自己感染了衣原体。

如果确实出现症状，您可能会遇到：

- 小便时疼痛
- 阴道、阴茎或直肠处有异常分泌物
- 腹部疼痛，性交后流血以及月经之间流血
- 睾丸疼痛
- 眼睛发红、发粘

## 衣原体检测

If you think you have chlamydia you should make an appointment with your GP or local sexual health services.

The test for chlamydia is simple, painless and very reliable. It involves sending a sample to a lab for analysis from the area of the body thought to be infected.

In the majority of cases you don't have to be examined by a doctor or nurse and can often collect the sample yourself.

The two main ways the sample can be collected are:

- using a swab – a small cotton bud is gently wiped over the area that might be infected, such as inside the vagina, throat, or inside the anus
- peeing into a container – this should ideally be done at least 1 or 2 hours after you last peed

## Online appointment booking

如果您认为自己感染了衣原体，您应该与您的全科医生或当地的性健康服务机构预约。

衣原体的检测简单、无痛且非常可靠。它涉及从认为被感染的身体部位取样，发送到实验室，进行分析。

在大多数情况下，您无需接受医生或护士的检查，并且通常可以自己收集样本。

收集样本的两种主要方法是：

- 使用拭子 - 将细小的棉签轻轻擦拭可能被感染的部位，例如阴道内、喉咙内或肛门内
- 排尿到容器中 - 理想情况下，应该在最后一次排尿后至少1或2小时之后进行

## 网上预定预约

You may be able to book an appointment for an STI test online using the online booking system. This varies for different NHS board areas.

Sexual health services online appointments booking system

## Treating chlamydia

Antibiotics will get rid of the chlamydia infection.

You should also avoid having sex until one week after you and your partner(s) have been treated. This includes oral sex and sex using a condom.

If chlamydia is left untreated you, may pass it onto other sexual partners.

Chlamydia can occasionally lead to more serious problems such as pelvic inflammatory disease (PID), when the infection gets into the womb and fallopian tubes. This could lead to problems in the long term, such as infertility and ectopic pregnancy.

您也许可以通过网上预约系统在线预订性传播感染疾病测试的预约。不同地区的NHS有所不同。

性健康服务网上预约系统

## 治疗衣原体感染

抗生素将清除衣原体感染。

您还应该避免性行为，直到您和您的伴侣得到治疗后一周。这包括口交和使用避孕套的性行为。

如果衣原体感染未经治疗，您可能会传给其他性伴侣。

当感染进入子宫和输卵管时，衣原体偶尔会导致更严重的问题，例如盆腔炎。长此以往，这可能会导致不孕和异位妊娠等问题。

感染有时会扩散到睾丸，引起疼痛、肿胀和发炎。

## 避免将衣原体传染给伴侣

Infection can sometimes spread to the testicles causing pain, swelling and inflammation.

## **Avoiding passing on chlamydia to a partner**

You avoid passing on chlamydia to your partner(s) you shouldn't have sex until one week after you and your partner(s) have been treated.

It's good practise to get a sexual health check-up when you change sexual partner.

If you have tested positive for chlamydia, all of you sexual partners in last six months should be offered a test

## **Reducing the risk of chlamydia**

您应该避免将衣原体传染给伴侣，您应该避免性行为直到您和伴侣接受治疗一周后。

更换性伴侣时，最好进行性健康检查。

如果您的衣原体检测呈阳性，那么您在过去六个月中的所有性伴侣都应该受邀进行检测。

## **减少衣原体感染的风险**

预防所有性传播感染疾病的最佳方法是进行更安全的性行为，这意味着使用避孕套进行阴道性交、肛交或口交。

## **其他性传播感染疾病**

如果您被诊断出衣原体感染，建议您对所有性传播感染疾病进行检查，包括：

- [淋病](#)
- [梅毒](#)

<p>The best way to prevent all sexually transmitted infections is to practice safer sex. This means using a condom for vaginal, anal or oral sex.</p> <p><b>Other STI's</b></p> <p>If you have been diagnosed with chlamydia it is recommended you have a test for all STI's including:</p> <ul style="list-style-type: none"><li>• gonorrhoea</li><li>• syphilis</li><li>• HIV</li></ul> <p><b>Find your local sexual health clinic</b></p> <p>Search for your nearest sexual health clinic through Scotland's Service Directory.</p>	<p><a href="#">• 艾滋病病毒</a></p> <p><b>找到当地的性健康诊所</b></p> <p>通过苏格兰的服务目录搜索距离您最近的性健康诊所。</p>
<p>For more information in Chinese go to <a href="http://www.nhsinform.scot/translations/languages/chinese">www.nhsinform.scot/translations/languages/chinese</a></p>	<p>更多有关的中文信息，请前往 <a href="http://www.nhsinform.scot/translations/languages/chinese">www.nhsinform.scot/translations/languages/chinese</a></p>

