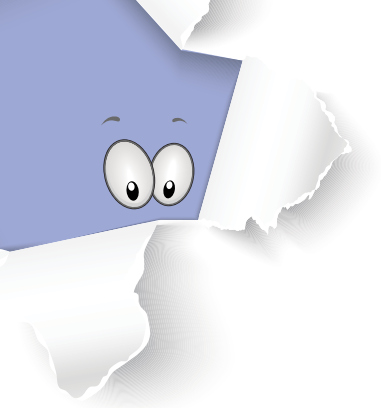




Please read.

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) is a practice whereby health care providers can prescribe certain antibiotic medicines to the sexual partner(s) of a person with a sexually transmitted infection (STI), including chlamydia, without a prior medical evaluation or clinical assessment of the partner(s).

*Expedited Partner Treatment is also known as Expedited Partner Therapy

What is EPT?

EPT lets health care providers prescribe medicine to people who may have been exposed to chlamydia.

EPT will be given to you as either:

- A prescription that can be filled at any pharmacy; or
- Medication-in-hand, where the full dose of medicine is delivered to you by your sex partner.

If you have a prescription and do not have health insurance, or cannot afford the medicine, contact your local health department at https://www.health.ny.gov/contact/contact_information/ to see if you can get free or low-cost treatment.

You may also qualify for one of New York State's health insurance programs (<https://nystateofhealth.ny.gov>).

How do I use EPT?

EPT is easy!

Simply follow these steps:

1. Read this information to find out about EPT, chlamydia, and the medicine used to treat it. Pay close attention to the information about the medicine and make sure that you can take it safely. For more information about chlamydia visit: <https://www.health.ny.gov/publications/3835.pdf>

2. The medicine you have been given or prescribed specifically treats chlamydia.* You should contact your health care provider or local health department to get tested for other STIs, including HIV, even if you use this medicine.
3. If you have a prescription, go to a local 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. It takes 7 days for the medicine to work and cure chlamydia. If you have sex without a condom during these 7 days, after taking the medicine, you could still pass chlamydia to your sex partner(s), even if you still have no symptoms.
6. Follow up with your health care provider or sexual health clinic in three months to make sure you do not have chlamydia. Get tested for other STIs, including HIV.
7. If you have other sex partners who you think may have been exposed to chlamydia, contact your health care provider or sexual health clinic and ask about Partner Services – a way to anonymously notify your sexual partner(s) of potential exposure to an STI and/or HIV.

*If you also get EPT for gonorrhea, please note that you will need to take both prescriptions to cure both gonorrhea and chlamydia. Please review information about gonorrhea and consult with a health care provider.
<https://www.health.ny.gov/publications/3802.pdf>.

If you think you could be pregnant, please get a pregnancy test before starting any treatment, as certain medications may not be safe to take during pregnancy.

If you are pregnant, please consult a health care provider for an examination and testing for STIs which can affect your pregnancy and delivery.

What is chlamydia?

Chlamydia is an STI caused by bacteria that you can get from oral, vaginal, or anal sex. Chlamydia is one of the most common STIs. Each year, over 3 million people in the U.S. get this infection.

Anyone who has sex can get chlamydia. Some people are more likely to get it. These include people who:

- Are between 15 and 24 years of age; and/or
- Have new sex partners or multiple sex partners; and/or
- Do not correctly use a latex or polyurethane condom or dental dam when they have sex.

Chlamydia can infect the genitals (penis or vagina), and the 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 signs/symptoms of chlamydia; however, many people do not have any symptoms (asymptomatic). Even those who have no symptoms can pass the infection to other sex partners.

If you do 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:

- Yellow-white discharge from the vagina or penis
- Pain or itching when urinating (peeing)
- Vaginal spotting (blood) and/or bleeding between periods
- Rectal pain or discharge (blood, pus)

If symptoms of a more serious infection are present (such as abdominal, pelvic, or testicular pain; fever, nausea, or vomiting), you should seek medical care as soon as possible.

Can chlamydia be cured?

Yes. The medicine that you have been given will cure chlamydia in most cases. For more information, read the “Medication Section.”

If chlamydia is not treated early and properly, it can become more serious. The infection can also spread to other parts of the body.

How can I protect myself?

Even if you had chlamydia before, you can still get it again. Your body does not become immune to the infection.

Preventing STIs is an important part of your sexual health. There are a few things that you can do to protect yourself from getting chlamydia or other STIs and HIV.

TEST. Get tested for other STIs.

Call your local health department or your health care provider to find out how to get tested for other STIs, including HIV, and how to notify your sexual partner(s) of potential STI exposure through Partner Services.

3-Site Testing: You should get tested at each body site where you have sex. Certain STIs, such as gonorrhea and chlamydia, can infect the genitals, throat, and rectum. Testing only the genitals may miss an infection you have elsewhere.

TAKE. Take the medicine.

The medicine that you have been prescribed or given is either a 7-day course of doxycycline, or one dose of azithromycin. It is important to follow the instructions that were given to you. If chlamydia is not treated, it can lead to serious health risks, including sterility, infertility, and/or pelvic inflammatory disease.

WAIT. Wait to have sex.

After you and your partner(s) each take the medicine, wait at least 7 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 risks and prevention of STIs with new partner(s) BEFORE you have sex.

USE. Use a condom or dental dam every time you have oral, anal, or vaginal sex.

When used correctly, latex or polyurethane condoms and dental dams can greatly reduce the risk of getting STIs, including chlamydia. If you are a person who is living with HIV, or may have been exposed to HIV, you should contact your health care provider for a complete exam, including testing for STIs and HIV.

Get checked at 3 months to make sure you do not have chlamydia, or sooner if symptoms appear or reappear after taking the medicine.

Medication Section

Please read the following information about your medication before taking the medicine. The antibiotic you are getting is either doxycycline or azithromycin.

Doxycycline or Azithromycin:

- DO NOT take your medication if you are allergic to this medicine, or similar drugs like tetracycline, erythromycin, clarithromycin, or other macrolide antibiotics. Call your health care provider for a medicine that is safe for you.
- DO NOT take your medication within two hours of taking an antacid that contains aluminum or magnesium. This includes Roloids®, Maalox®, Mylanta®, Pepcid Complete®, Milk of Magnesia® and others. These antacids will make both doxycycline and azithromycin less effective.

- DO NOT take doxycycline within two hours of eating or drinking dairy products, such as milk, cheese, or yogurt. Dairy products will make doxycycline less effective.
- DO NOT take your medication if you have a serious long-term illness, such as kidney, heart, or liver disease. Call your health care provider for a medicine that is safe for you.
- DO NOT take if you are pregnant. Instead, first call your health care provider or sexual health clinic for an examination and testing for STIs which can affect your pregnancy and delivery
- DO NOT take if you are currently taking another prescription medication, including medicine for diabetes. Call your health care provider for a medicine that is safe for you.
- If you received doxycycline, avoid direct sunlight: doxycycline may make your skin more sensitive to the sun, increasing your risk of sunburn.

These medicines are antibiotics. Like other medicine, some people have side effects. Side effects may include diarrhea, upset stomach, stomach pain, constipation, headache, feeling tired or dizzy, getting a rash, and vaginal itching or discharge. If you have any of these side effects and they do not go away on their own in a few days, talk to your health care provider.

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

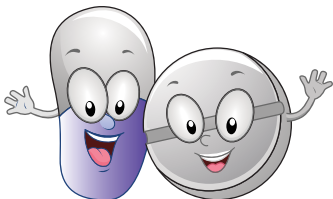
Get emergency medical help (call 911) if you have any signs of an allergic reaction:

- Hives (small red bumps on your body)
- Difficulty breathing
- Swelling on your face, lips, tongue, or throat

Call your health care provider or pharmacist if you have any questions about your medication.

For more information about STIs, or to find a local clinic for testing and treatment, visit:
www.health.ny.gov/STD

For more STI testing locations, visit:
<https://gettested.cdc.gov>





health.ny.gov/EPTpublications



**Department
of Health**

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