



# CHLAMYDIA AND GONORRHOEA: AN EASY READ GUIDE



The PaSH  Partnership

Passionate about Sexual Health across Greater Manchester



# WELCOME

This is a straightforward guide about LGBTQ+ sexual health. It's been made for people with learning difficulties and those who support them.

Talking about sex can be hard, but it's important to know how to have safer sex. This guide will help you learn about LGBTQ+ sexual health, safer sex, and where to find support.

Everyone deserves to have a fulfilling and safe sex life, no matter who they are. Let's start learning!

We want to say a big thank you to the amazing community and team at Better Things for their valuable contributions to this resource. We would also like to thank the community for providing lived experiences, feedback, insights, and support that helped us create this easy read resource.



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# What is Chlamydia?



Chlamydia is caused by bacteria. It is passed on through having sex. This includes oral, anal and vaginal sex.



It is one of the most common sexually transmitted infections (STIs). Anyone who is having sex can get chlamydia, but it is more common for men who have sex with men and younger people.

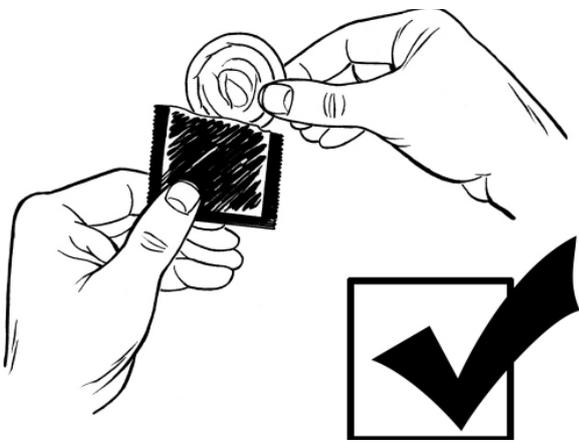


It is important to test for STIs at least once a year. This makes sure you and your partners are healthy.

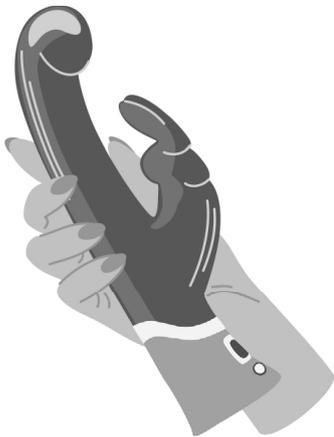
# How is Chlamydia Passed On?



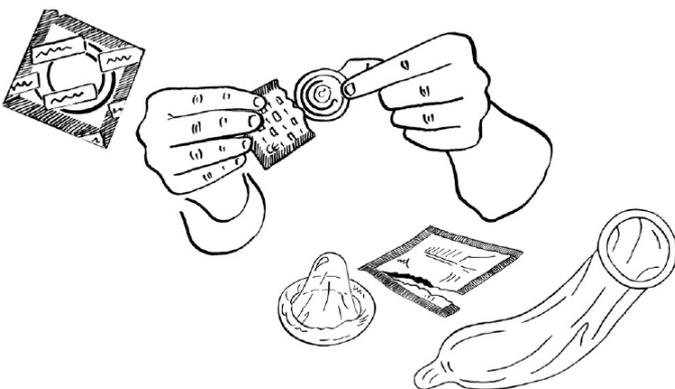
Chlamydia can be passed on through cum (semen) or vaginal fluid if you have sex with someone who has chlamydia.



Having unprotected sex increases the chance of you getting chlamydia. Using condoms with water-based lube will help prevent you getting chlamydia.

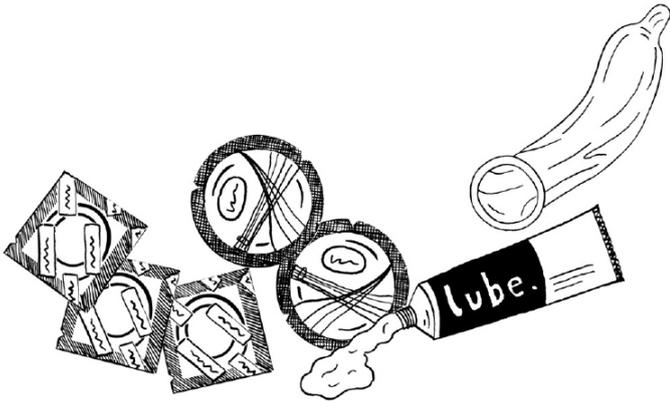


You can also get chlamydia from sharing sex toys.

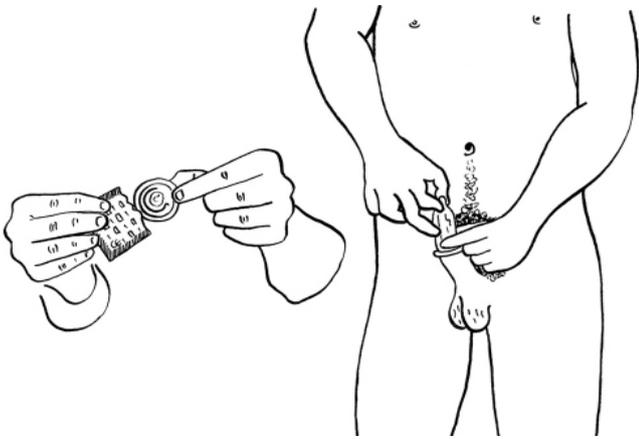


Always use condoms when using sex toys with a partner. Always change the condom on a sex toy if you use it somewhere else.

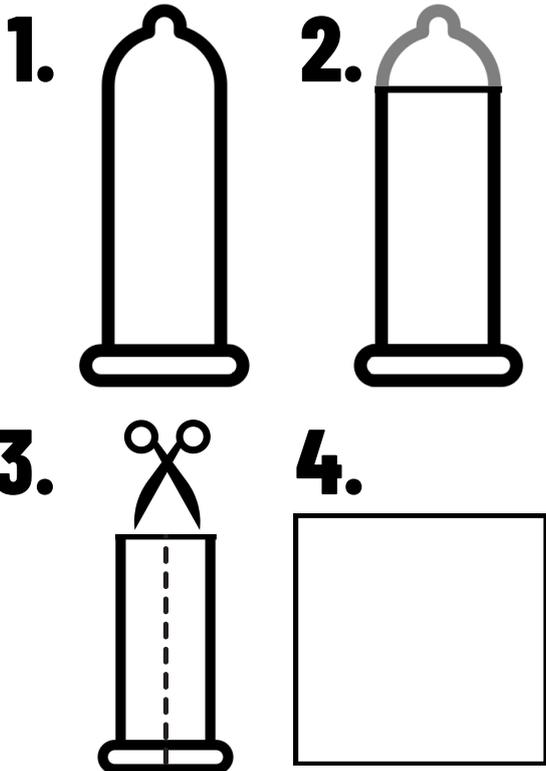
# How to Prevent Chlamydia



Using condoms and lube is the best way to avoid getting chlamydia and most other STIs.



Use condoms on people's penises and sex toys to avoid spreading it to other people.



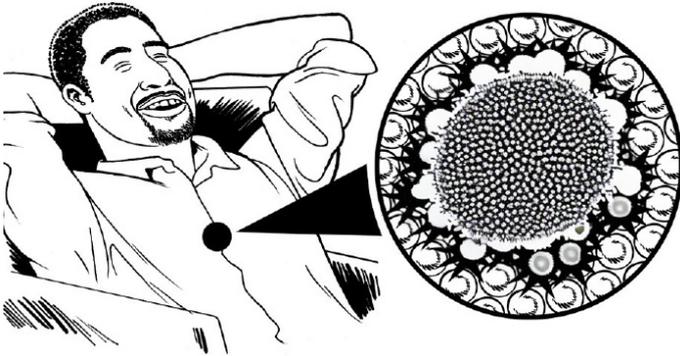
You can also use dental dams for rimming and oral sex with a vagina.

You can make one by cutting the end off of a condom and then cutting it down the middle.

This will make a square sheet.

You can use the square sheet to protect yourself from STIs by placing it over the vagina or bum hole.

# Chlamydia Symptoms



Most people who get chlamydia will not show any symptoms.



If you do get symptoms, they could be:

- Bleeding from the vagina, usually after sex or between periods
- Lower stomach pain when having sex
- Pain or swelling in your balls
- Cloudy fluids from your vagina/ front hole or penis. This might also smell 'fishy'.
- Pain or burning when peeing

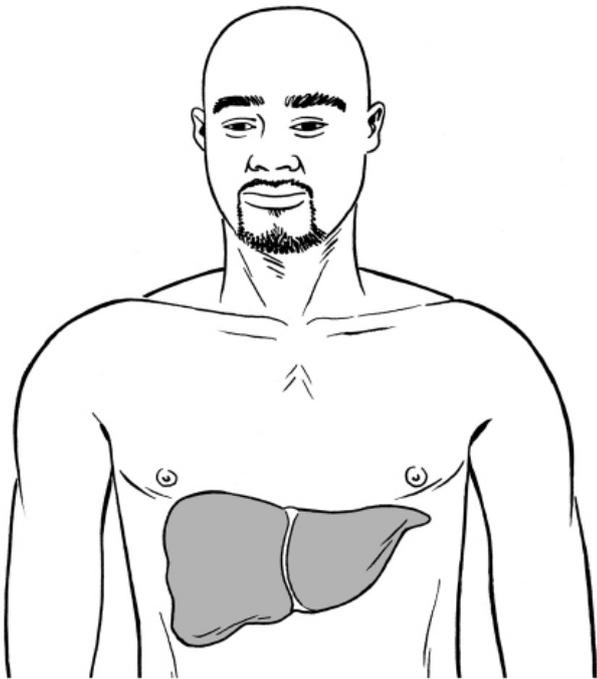


If you get chlamydia in your bum you probably won't know but it can be painful.

# Chlamydia Symptoms



Chlamydia in the throat often has no symptoms. It is important to test regularly for STIs because of this.



If you have chlamydia and you don't get treatment for it, it can create:

- Problems with your joints
- Problems with trying to get pregnant or when you are pregnant
- Problems with your liver

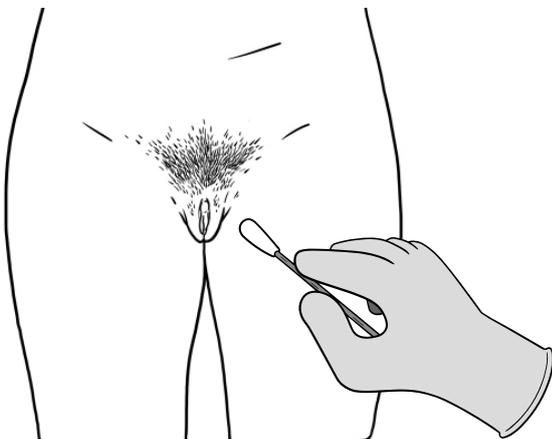
# Testing and Treating: Chlamydia



Testing and getting treatment for chlamydia is painless and simple.



To get tested you can go to a GP, sexual health clinic or local community testing location. You can use the NHS postcode checker online to find your nearest clinic.



To get tested, if you have a vagina/ front hole, you will take a cotton swab sample of the area.



If you have a penis, the doctor or nurse will give you a small pot to pee in that will get tested.

# Testing and Treating: Chlamydia



To treat chlamydia you will be given antibiotic tablets.



Avoid sex for 7 days after you have been given your medication so you don't get any of your partners sick or give yourself chlamydia again.



If you have had sex with someone and they tell you they have chlamydia or you have symptoms, you can get tested and treated at a sexual health clinic.



You should test once a year for chlamydia to keep you and your partners healthy. If you have sex with different people, you should test 2 - 3 times a year.

# What is Gonorrhoea



Gonorrhoea is a common STI that is caused by bacteria. It can be passed on to people through sexual contact, including oral, anal and vaginal sex.

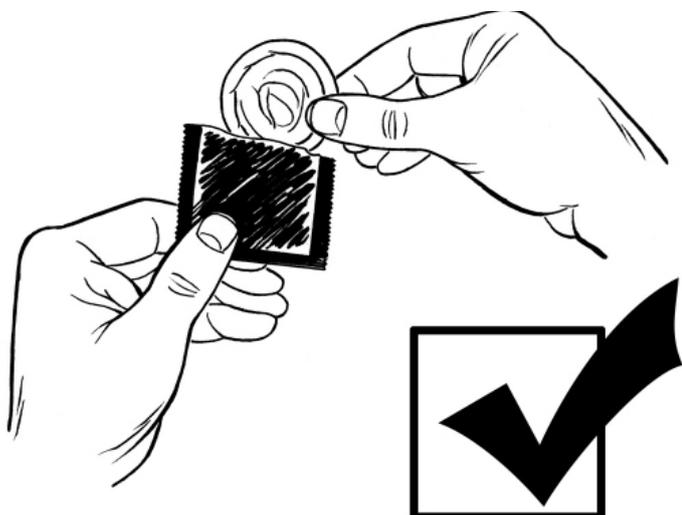


If you do get gonorrhoea you will probably have symptoms, but sometimes you might not have any symptoms.



Anyone can get gonorrhoea, but it affects men who have sex with men and younger people more.

# How Gonorrhoea is Transmitted

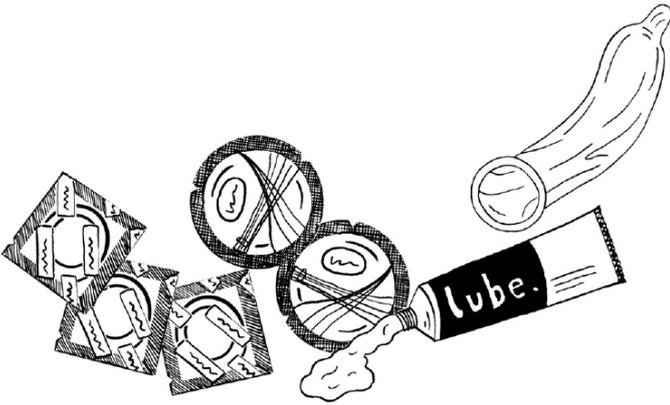


Having unprotected anal, oral and vaginal sex increases your risk of getting gonorrhoea.



You can also pass on gonorrhoea with sex toys that are shared and not cleaned after being used.

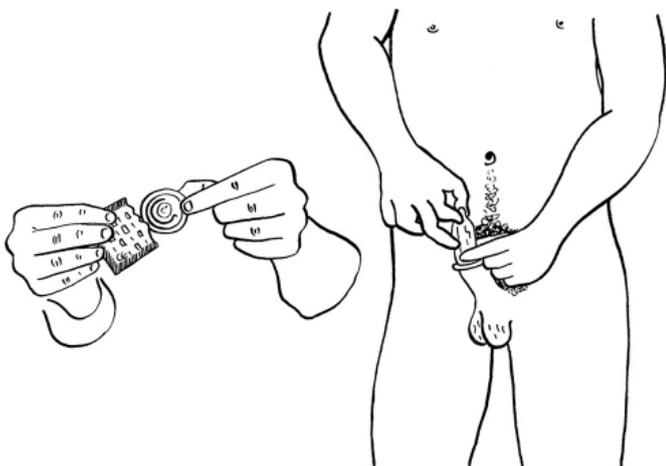
# Preventing Gonorrhoea



The best way to protect yourself from gonorrhoea is to use a condom with a water-based lube for anal and vaginal sex or a dental dam or condom for oral sex.

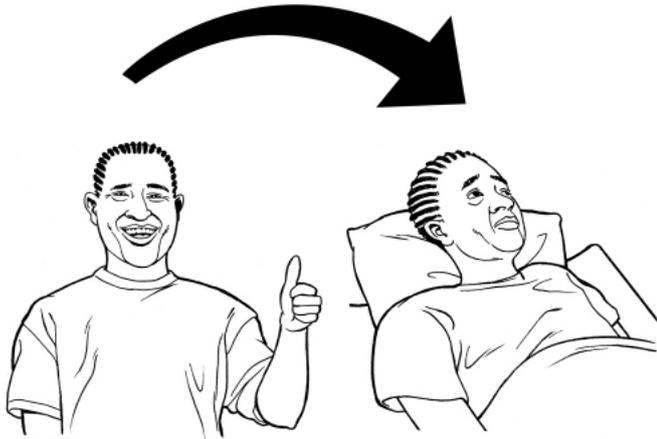


You can use gloves for your hands or fingers if you are fingering or fisting someone to help keep safe.

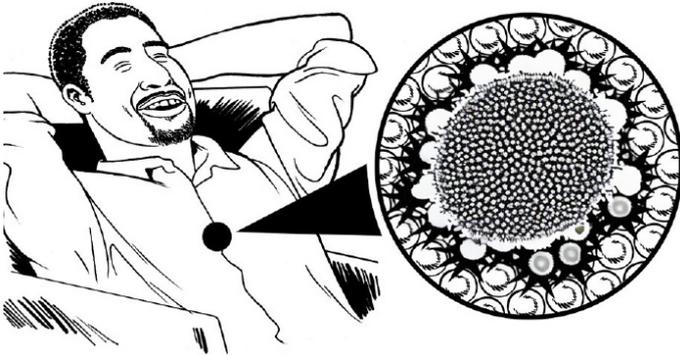


If you are having sex with multiple partners, it is best to change condoms between partners or whenever you use a new hole. Remember to change condoms on sex toys as well!

# Gonorrhoea Symptoms



Most people have symptoms that appear a few days after they get gonorrhoea.



However, you may not have any symptoms at all, especially if you have a vagina/front hole.

# Gonorrhoea Symptoms



If you do get symptoms, you may have:

- Unusual fluid that is thin/watery and green or yellow coloured if you have a front hole/vagina
- Unusual fluid that is white, yellow or green if you have a penis
- Pain or burning when peeing
- Swollen or inflamed skin at the end of your penis (the foreskin)
- Pain in your balls (testicles)
- Lower stomach pain
- More bleeding when you have a period or after having sex
- If you get gonorrhoea in your bum or eye, you may have some pain there



# Preventing Gonorrhoea

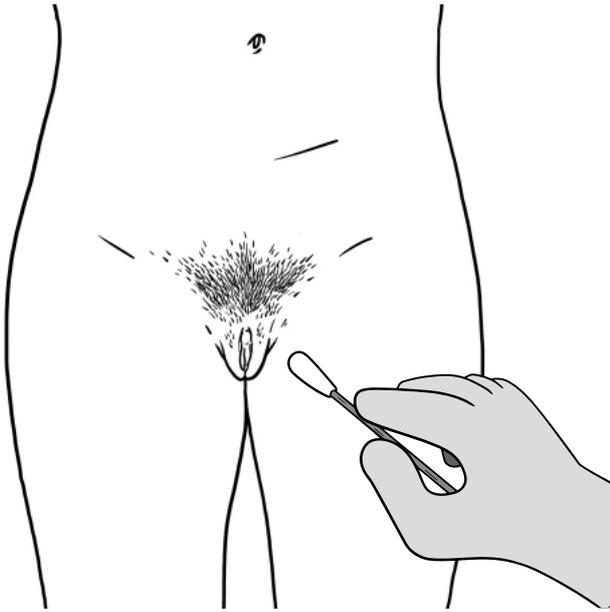


It is important to test for gonorrhoea in your throat because you probably won't have symptoms.

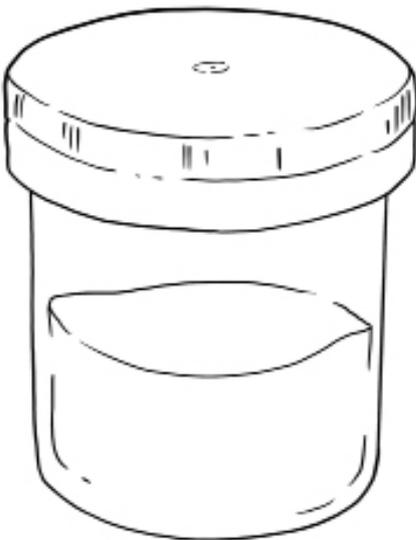


It is important to test regularly for gonorrhoea and STIs at least once a year in case you are sick but have no symptoms.

# Testing & Treating: Gonorrhoea



To test if you have gonorrhoea, if you have a front hole/vagina you will take a cotton swab of the area.



If you have a penis, the doctor or nurse will give you a pot to pee in that will be tested.



If you test positive for gonorrhoea, it is easily cured with an injection of antibiotics. If you don't like needles, you can take antibiotic tablets.

# Testing & Treating: Gonorrhoea



You should avoid having any sex until you test negative again for Gonorrhoea. This is so you or your partners don't get sick again.



If someone you have had sex with tells you they have Gonorrhoea, you can go to a local sexual health clinic to get tested and treated on the same day.

# USEFUL INFORMATION

The Passionate about Sexual Health Partnership (PaSH) is a collaboration of BHA for Equality, George House Trust, and LGBT Foundation.

LGBT Foundation provides support to LGBTQ+ individuals. They offer free STI and HIV testing in-person and you can order testing kits, condoms, and lube for free. They also give advice and information on sexual health. You can find more information on their website at [lgbt.foundation/testing](https://lgbt.foundation/testing) or if you are looking for advice and support email [sexualhealth@lgbt.foundation](mailto:sexualhealth@lgbt.foundation) or call 0345 3 30 30 30.

BHA for Equality is a charity that helps people with health and social care needs, including services for HIV and sexual health, cancer, TB, mental health, and community health education. They offer free community testing for HIV, HIV testing kits, and free condoms and lube for Black, Asian or other ethnic minority residents of Greater Manchester. Visit their website at [thebha.org.uk](https://thebha.org.uk) and you can call or email for support at 0330 1281186 or [info@thebha.org.uk](mailto:info@thebha.org.uk).

George House Trust has provided support and advocacy services for people living with HIV since 1985. They help people live well and confidently with HIV and keep good physical and mental health. For more information you can go to George House Trust's website at [ght.org.uk/](https://ght.org.uk/) or you can call or email at 0161 274 4499 or [talk@ght.org.uk](mailto:talk@ght.org.uk)



# WE'RE HERE TO EMPOWER, ENCOURAGE AND CELEBRATE OUR WONDERFUL LGBTQ+ COMMUNITIES

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