

13 February 2018

When was your last STI check? In the month of love make it a priority.

In the lead up to Valentine's Day, Illawarra Shoalhaven Local Health District (ISLHD) is encouraging people to get tested for chlamydia.

Chlamydia is the most commonly reported Sexually Transmitted Infection (STI) in young people in Australia. In 2016, there were 71,751 reported cases. Seventy-five per cent of these were among people aged 15-29.

ISLHD Sexual Health Service Director, Associate Professor Katherine Brown said most people with chlamydia do not have any symptoms.

"If left untreated, chlamydia can lead to serious consequences, including infertility," Associate Professor Brown said.

"Since you may not have any symptoms, getting a chlamydia test is the best way to find out if you are infected. It can be as simple as giving a urine sample or a swab.

"If you test positive, it is usually treated with just one dose of antibiotic," she said.

Chlamydia is passed on by having unprotected sex with someone who has chlamydia.

This Valentine's Day or any other day, follow these steps to avoid passing a STI on:

- Use a condom every time you have sex
- Talk with your partner about their STI status and getting tested.

Make a confidential appointment today with the Illawarra Shoalhaven Sexual Health Service, 4223 8457 or see a GP.

For more information about chlamydia or other common STIs visit www.playsafe.health.nsw.gov.au