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# Chlamydia treatment: Avoiding Reinfection

Your chlamydia treatment is over. You and your partner were faithful to each other for months before you found out about the infection. And you've always used latex condoms.

But it's not yet safe to assume you've seen the last of chlamydia. Get retested in three to four months to be sure the infection has really cleared.

Retesting after chlamydia treatment isn't a new recommendation, but the three to four month interval is. Until recently, we retested much earlier - just a few weeks after chlamydia treatment. Now, evidence suggests that you still risk reinfection later. That's important because women whose sex partners have not been appropriately treated are at high risk of getting multiple chlamydia infections. Multiple infections increase your risk of serious reproductive health complications. In other words, your ability to have a baby may be threatened.

To avoid chlamydia infection and reinfection:

Abstain from sex or be in a long-term mutually monogamous relationship with a partner who has a negative test. Use latex condoms consistently and correctly. Make sure your partner gets chlamydia treatment if you have chlamydia. Abstain from intercourse until you and your partner have finished treatment. Get retested three to four months after chlamydia treatment.

Remember!

All sexually active women, ages 15 to 24, should be tested annually for chlamydia. Free [Medical Advice](#) published By [Dr Vivienne Balonwu](#).

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