

# Sexual Assault

## What You Need to Know

It takes courage to tell anyone about a sexual assault. Many people think that they may have done something to cause the assault and are embarrassed to tell anyone. You are not to blame for what someone did to you. Sexual assault is not your fault regardless of the circumstance. Sexual assault is a crime. Sexual assault is a health risk. You were right to come to the Emergency Department today to see a doctor. Even if you are unsure if anything happened or if anything was done to you, but you think that something might have happened, you should see a doctor.

### **In the Emergency Department:**

- You have been treated for the more common Sexually Transmitted Infections (STI): Chlamydia and Gonorrhea. You have been tested for Hepatitis B, Hepatitis C, and Human Immunodeficiency Virus (HIV).
- If your body has developed protection against Hepatitis B in the past, you did not need any treatment.
- If your blood tests showed that you are not protected against Hepatitis B, the Emergency doctor has ordered medications for you. A Public Health nurse calls you to remind you that you need additional medications in a month.
- If you were treated to prevent HIV, you have received a small supply of medication to take at home. The Infectious Disease Clinic calls you on the next business day to talk about these medications. If you are not near your regular phone, call them at (306) 766-3915.
- If you have questions, call a Public Health nurse at (306) 766-7790.
- During your stay in the Emergency Department you were tested for pregnancy. Your pregnancy test today was: \_\_\_\_\_ . If you were given emergency protection against pregnancy and you weigh more than 75 kg (167 lbs), talk to your primary health care provider within 5 days about further protection against pregnancy.

### **Further Testing:**

- You need testing for Sexually Transmitted Infections in 5 or 6 weeks. This can be done by your primary health care provider or a Public Health nurse. You can talk to a Public Health nurse by calling (306) 766-7790.
- You need repeat testing for Hepatitis C, and HIV in 6 weeks.
- You need repeat testing for Hepatitis B, Hepatitis C and HIV in 12 weeks.
- You need repeat testing for Hepatitis C in 24 weeks.



## Stay Protected

To be safe for yourself and others, practice these safety measures for the next 6 months:

- tell your sexual partner(s) of possible risks
- **do not** share razors or needles or other drug paraphernalia
- make sure that the male sexual partner wears a condom
- use a very safe birth control
- if you take birth control pills, the medications you were given may cause them to fail for the next 7 days
- stop breastfeeding
- clean any blood spills with 1 part chlorine bleach mixed with 9 parts water.

### See Your Primary Health Care Provider Right Away If You Have Any of the Following:

- fever, pain, sores, discharge, or swelling - these might be signs of infection
- painful or frequent urination
- bleeding that does not seem like a regular period
- a missed menstrual period
- abdominal pain
- rectal bleeding
- anything that does not feel normal or right to you.

### Rape Trauma Syndrome

Women and men who have been sexually assaulted may have symptoms of Rape Trauma Syndrome at any time after the assault. This is true regardless of the situation even if you do not remember the assault very well. Symptoms may begin right away or months after the assault. Symptoms may include:

- forgetting things
- feeling confused
- eating much more or much less than usual
- sleeping much more or much less than usual
- sudden or frightening thoughts of the assault
- nightmares
- fear of leaving your home
- lack of interest in normal activities
- lack of interest in sexual activity
- sadness that lasts more than a day.

Those who receive counselling soon after the assault usually benefit from this service. Counselling is always a good idea. It is very important for you to call your primary health care provider or a counselling service.

For 24 hour professional health advice and information, call



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