

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. The best action to take is to go to the Emergency Department to see a doctor.

### In the Emergency Department:

- You have been tested and treated for the common sexually transmitted infections (STI): Chlamydia and Gonorrhea.
- You have been tested for Hepatitis B, Hepatitis C, and Human Immunodeficiency Virus (HIV) and syphilis.
  - If your body has developed protection against Hepatitis B in the past, you do not need any vaccinations.
  - If your blood tests show that you are not protected against Hepatitis B, a Public Health nurse will call you to remind you that you need additional vaccinations in a month.
- If you were treated to prevent HIV, you have received a small supply of medication to take home, and a Health Care Provider will call you on the next business day to talk about these medications. If you are not near your regular phone, call them at \_\_\_\_\_.
- You were tested for pregnancy. Your pregnancy test result was: \_\_\_\_\_.
- You may have been given emergency birth control pills. These pills may not work as well in women weighing over 75 kilograms (165 pounds). Women who weigh 75 kilograms or more should ask a healthcare professional, such as a doctor or pharmacist, for advice on other methods of emergency birth control.

### Further Testing:

**Unless a nurse or doctor from Public Health or Infectious Diseases tells you otherwise:**

- You need repeat testing for Chlamydia and Gonorrhea in 1 month only if you have been treated and then develop symptoms.
- You need repeat testing for pregnancy, Syphilis, Hepatitis C and HIV in **1 month**.
- You need repeat testing for Hepatitis B, Hepatitis C, Syphilis and HIV in **3 months**.
- You need repeat testing for Hepatitis C in **6 months**.

If you have questions, call a Public Health nurse at \_\_\_\_\_ or HealthLine811.

## Stay Protected

To keep yourself and others safe, for the next 6 months:

- tell your sexual partner(s) of possible risks
- **do not** share razors or needles or other drug paraphernalia
- male sexual partners to use condoms
- use birth control
- **if you take birth control pills, the medications given may make them less effective for the next 7 days**
- stop breastfeeding or discuss with your healthcare provider
- clean any blood spills with 1 part chlorine bleach mixed with 9 parts water

## See Your Primary Care Provider or go to the Emergency Department right away if you have any of the following:

- fever, pain, sores, discharge, or swelling—these may be a sign 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

## Effects of Trauma and Stress

People who have been sexually assaulted may have symptoms of Rape Trauma Syndrome at any time after the assault, 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 last more than a day

Counselling soon after the assault often helps you manage the trauma and is always a good idea. It is very important for you to call your primary care provider or a counselling service. HealthLine 811 also has supports.

