

We Believe and Support You

Help is available, call 800.656.HOPE.

Find a support network of friends or family that you can talk to.

If you have been sexually assaulted:

- Seek medical care as soon as possible. Even if you do not have any visible physical injuries, you may be at risk of becoming pregnant or acquiring a sexually transmitted infection.
- Consider preserving evidence: avoid cleaning or straightening up, evidence may be collected from the assault location. Remain in the clothing worn during the assault or put the clothing in a paper bag (not plastic) so that it can be entered into evidence. In addition, avoid bathing, wiping, washing hands, or brushing your teeth, if possible.
- Go to the nearest hospital, police station and request a sexual assault forensic examination (SAFE) to be conducted.
- If you suspect you have been drugged, inform the sexual assault nurse examiner and request that a urine sample be collected.
- If possible, write down, tape or record by any other means all the details you can recall about the assault and the assailant.
- If your safety is under immediate threat, contact 911 immediately.

Note: you are not required to have a sexual assault forensic exam. It is ideal to collect forensic evidence from the body within 72 hours.

Know that your local rape crisis center is available to help you, visit www.centers.rainn.org.