

LEGAL

Reports may be made to:

Police- A full report is made and police will follow up. If you are 16 or older and the attacker was a similar age, ask about reporting without using your name.

Department of Social Services (DSS)- If the attacker is a caregiver or lives in the home, a report will be made to DSS for a safety plan.

Evidence:

Sexual Assault Evidence Collection Kit (SAECK)- This kit is used to get DNA. Your care team may collect evidence up to 120 hours (5 days) after an assault.

Drug Facilitated Sexual Assault Kit (DFSA)- This kit uses blood and urine to test for drugs and alcohol that may have been used before or during the assault. You will not get in trouble for taking drugs or alcohol.



To track your kit visit:

www.sexualassaultkittracking.ncdoj.gov

Enter the **kit number** provided to you at discharge

IMPACTS OF TRAUMA

Trauma can cause people to react in different ways. You may have days or even weeks that you are fine, and then see some signs that may feel bad or scary. These feelings are normal to have when you have something like this happen. These are normal reactions to an abnormal situation.

How to Help

- It may take a while before you feel entirely back to normal.
- Spend time with others and stay involved. Don't withdraw when you are hurting.
- You may feel better for a while, and then have a setback. Allow yourself time to think, feel, and adjust to your new world.
- Talk with loved ones. Talking helps to relieve strong feelings.
- Try to keep normal routines. Stay active.
- If you feel a loss of control, take control by making decisions, no matter how small.
- Use lists, calendars, and double-check work if it feels harder to keep track.
- Find healing and stress relief by making meaning out of what happened.
- Do self-check-ins to check on your feelings and reactions. If you feel bothered by your thoughts ask for free help below, both open 24/7.
 - a. National Sexual Assault Hotline – Call 800-656-HOPE (4673)
 - b. Crisis Text Line – Text NAMI to 741-741

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POST-SEXUAL ASSAULT ADOLESCENTS

What to expect

UNC
HEALTH®

Approved by the Patient Education Committee, June 2020

MEDICINE

Please let the doctor know if the person who assaulted you has any known diseases.



What to do to not get pregnant:

Ella is a pill that can be given up to 120 hours (5 days) after a sexual assault to stop getting pregnant. It is not an abortion pill. You must not be pregnant in order to get this pill.

Sexually Transmitted Infections (STIs):

- Gonorrhea is treated with a shot of **Ceftriaxone**.
- Chlamydia is treated with **Azithromycin**.
- Trichomoniasis & Bacterial Vaginosis are treated with **Flagyl**. If you have had alcohol in the last 72 hours (3 days), a prescription for this medicine will be given when you go home.
- STI testing in adolescents is not needed.



MEDICINE

Vaccines:



Hepatitis B-

If you:

- have not been given a Hep B shot
- OR you did not have all the shots
- OR you have, but it does not show up in your blood

Then you should get an **Energix-B** booster today.

Checking your blood for Hep B titers may take 1-3 days.

Human Papilloma Virus (HPV)-

- If you're 9 or older and have never had an HPV shot, you should get **Gardasil-9** today
- If younger than 15, it is a 2-shot series
- If 15 or older, it is a 3-shot series

Please finish each vaccine series at your doctor.



HIV Prevention:

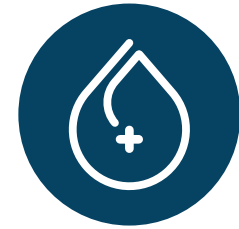
If the assault happened in the last 72 hours (3 days), you can be treated with a 28-day course of two anti-viral pills to reduce the chance of getting HIV.

Today you will get:

- your first doses of each medicine
- a 3-day take-home supply of each medicine
- a prescription for 25 days of both medicines

Blood work will be taken before starting these medicines. You should follow up at the Infectious Disease clinic 984.974.7198.

Ask for help if you are worried about paying for these medicines.



TESTING

Lab tests will be decided with your doctor.

Labs:

Urine:

- Pregnancy Test
- Gonorrhea/Chlamydia

Blood:

- HIV
- Hep B
- Hep C
- RPR- Syphilis
- CBC- complete blood count
- CMP- comprehensive metabolic panel

Follow-Up:

- 4-6 weeks: Pregnancy, HIV, Syphilis testing, & Gonorrhea/Chlamydia/Trichomoniasis if you have any genital discharge or pain
- 3 months: HIV
- 6 months: HIV, Hep B, Hep C, syphilis testing

Check with your doctor or your local health department.