



HAVE YOU BEEN SEXUALLY ABUSED?

What you should DO

Report to the nearest health facility immediately for:

- HIV Prevention (PEP)
- Pregnancy prevention
- Treatment of Sexually Transmitted Infections and other conditions
- Examination and collection of evidence
- Counselling

Report to the police and record a statement.

What you should NOT DO

1. **DO NOT** take a bath or comb your hair
2. **DO NOT** change, wash or throw away your clothes, **INSTEAD** wrap them in a clean cloth and take them to the health facility
3. **DO NOT** change anything where the rape occurred
4. **DO NOT** dispose off a condom if one was used
5. **DO NOT** pass urine or stool or wipe the genital are. If you pass urine, collect some in a clean container and take it to the health facility

HIV, Sexually Transmitted Infections and pregnancy can be prevented if you report to a health facility within 72 hours of rape/defilement

REMEMBER: IT IS NOT YOUR FAULT THAT YOU WERE RAPED OR DEFILED. DO NOT FEEL GUILTY. DO NOT BE ASHAMED. DO NOT BLAME YOURSELF

TAKE ACTION AND REPORT TO THE NEAREST HEALTH FACILITY.

For more information, counseling and referral, call toll free number

0800200600

 Make Happiness Not Violence  @CDFUUG #HearMeToo #MakeHappinessNotViolence

Violence Against Women and Girls

Facts and figures

