

WHAT HAPPENS AFTER YOU LEAVE THE EMERGENCY DEPARTMENT?

- Nurse examiner will call you, if you wish, within 24 - 48 hours after your examination to see how you are doing.
- The program medical coordinator will call you only if further medical treatment is needed.
- Community physicians are available for follow-up medical care if you choose to use their services.
- The police will continue their investigation if you have chosen to report your sexual assault.
- You may need further immunizations for Hepatitis B. Information will be provided to you by your nurse examiner.
- Counseling services are available to you with a number of groups. Your nurse examiner will provide you with information.

VICTIM SERVICES
709-729-0900

SEXUAL ASSAULT CRISIS
AND PREVENTION
1-800-726-2743

HEALTH SCIENCES CENTRE
Emergency Department
709-777-6335 (24 hr.)

ST. CLARE'S MERCY HOSPITAL
Emergency Department
709-777-5501 (24 hr.)

SANE COORDINATOR
709-777-5865

EMERGENCY NUMBERS

Emergency	911
RNC	729-8000
RCMP- Prov. Wide	1-800-709-7267
Crime Stoppers	1-800-363-8477

CRISIS LINES	
Kids Help Phone	1-800-668-6868
Mental Health	1-888-737-4668

SHELTERS	
Naomi Center (24 hr.)	579-8432
Wiseman Center	739-8355
Iris Kirby House	753-1492
Emmanuel House	754-2072



SANE

SEXUAL ASSAULT
NURSE EXAMINER
PROGRAM

Eastern
HEALTH

WHAT IS THE SANE PROGRAM?

The Sexual Assault Nurse Examiner program is a service provided to females and males 16 years and over who have been sexually assaulted. This service is provided within 96 hours of the incident by a trained nurse examiner who is available 24 hours a day.

WHAT IS SEXUAL ASSAULT?

Sexual assault is any form of unwanted sexual contact. It can include kissing, touching, grabbing and forced sexual intercourse. Sexual assault can happen to anyone, any time or any place.

WHAT DO I DO? I'VE BEEN SEXUALLY ASSAULTED.

Go directly to the hospital or the police station. If you can, call a friend to be with you. For best results do not drink, chew gum, eat, change your clothes, shower, bathe, or use the toilet. If you do shower, eat, or change your clothes, that's okay. You should still go to the hospital for care and bring the clothes that you were wearing during the assault.

WHAT WILL HAPPEN? HOW CAN THE SANE PROGRAM HELP?

When you arrive at emergency, a nurse will assess your injuries and call the Sexual Assault Nurse Examiner. You will be asked some questions about what happened. Any injuries you may have that need immediate medical treatment will be referred to the emergency physician. Police may be notified if you wish. The choice is yours.

With your consent, the nurse examiner will ask you questions regarding the incident; collect evidence with your permission; do a physical and pelvic or genital examination to look for injuries and collect specimens; provide you with resources for counseling services; and provide clothing if you need it. You have several choices:

- You can be examined carefully and given medical treatment for your injuries. Your risks of pregnancy and contracting a sexually transmitted disease will be evaluated and the nurse will work with the physician to ensure you are treated appropriately.

AND/OR

- You can be examined carefully with evidence collected to be frozen for up to one year if you don't want to report the sexual assault immediately.

OR

- You can be examined carefully, with evidence collected for the police.

Regardless of your choice, the nurse examiner will respect you and support any decision you make.

There is NO CHARGE for this service. You can decide how you want to handle the assault. It is your decision, and the nurse examiner will not force you to do anything you do not want to do.

WHATEVER YOU DID, YOU DID NOT DESERVE TO BE SEXUALLY ASSAULTED. IT IS NOT YOUR FAULT IF YOU:

- trusted someone
- were drinking
- went to someone's home
- did not fight back. You were probably afraid you would be hurt or killed.

You did not know what was going to happen. No one could have. No one deserves to be sexually assaulted.