

# IMMEDIATE STEPS TO TAKE IF YOU ARE RAPED

## 1 Call a Rape Crisis Hotline

They will ensure that a trained advocate is available to assist you at the hospital and will work directly with hospital staff to enlist the services of a Sexual Assault Forensic Examiner (SAFE) Nurse. The nurse can provide pregnancy tests and preventative treatment for some sexually transmitted infections (STIs), free of charge.

**New York:** 845-452-7272

**California:** 707-258-8000

**Texas:** 210-349-7273

## 2 Preserve evidence

Even if you are unsure if you want to press charges, it is best to not shower, douche, or change your clothes before being examined at the hospital. Any of these activities can destroy evidence that will be needed later if you decide to press charges against your assailant. To collect the best possible evidence, your exam should be performed at a hospital within 72 hours of the attack.

## 3 Pack a change of clothes

to bring with you to the hospital in case the garments you were wearing at the time of the attack are needed for evidence.

## 4 Have a trusted friend drive

you to the hospital or contact the CIA Safety Office, which can arrange transportation for you.

**New York**

**Mid-Hudson Regional Hospital of Westchester Medical Center**

241 North Road, Poughkeepsie, NY 12601

**Vassar Brothers Medical Center**

45 Reade Place, Poughkeepsie, NY 12601

**California**

**St. Helena Emergency Room**

10 Woodland Road, St. Helena, CA 94574

**Queen of the Valley Hospital**

1000 Trancas Street, Napa, CA 94558

**Texas**

**Methodist Specialty and Transplant Hospital**

8026 Floyd Curl Drive, San Antonio, TX 78229

## 5 Consider filing a police report

Know that it is your right to have an advocate present while being interviewed by the police. Advocates are available through the Rape Crisis Hotline. To file a police report, you can contact the appropriate police department at the right, or Campus Safety can assist you in contacting them.

**New York**

Dutchess County Sheriff's Department:  
845-486-3800

**California**

Napa County Sheriff's Department:  
707-942-5370

**Texas**

Bexar County Sheriff's Department:  
210-335-6000