

Do You Know Why

Every Hour Matters After Rape* and Defilement?

Every hour matters after rape to prevent many lifelong physical and mental health consequences. Here's what you need to know about the short window of time available to access critical services:

**Unwanted sexual intercourse including anal, vaginal or oral penetration with a body part or object.*

Rape can happen to both men and women over the age of 18.

Defilement can happen to both boys and girls under the age of 18.



EVERY
H⁷²OUR
MATTERS

Together
for girls

Speed is of the essence.

STRENGTH IN NUMBERS

72 WITHIN 72 HOURS:

Take **post-exposure prophylaxis medication (PEP)** within 72 hours of a rape for HIV prevention. After 72 hours, HIV testing is still important, as is appropriate treatment, counseling, and support.



120 WITHIN 120 HOURS:

Take **emergency contraception** within 120 hours for pregnancy prevention.



GO AS SOON AS POSSIBLE:

Get a **physical examination** to identify and treat injuries.



Take **medications** to prevent other sexually transmitted infections (STIs).



Get **immunizations** to prevent tetanus and Hepatitis B (where available).

Medical professionals can collect **forensic evidence** to support criminal investigations if you choose to file a police report.



You may be **referred to other services**, including the police, legal service providers, and case managers.



ANYTIME:

Counseling and other psychosocial support can help you work through trauma.



The sooner some post-rape medications are taken, the more likely they are to be effective. If you miss the timeframe for these medications, other health services and psychosocial support, can still be beneficial.

Learn more at everyhourmatters.org

PARTNERS:

TOGETHER
FOR GIRLS

Canada



USAID

unicef

World Health Organization

Pan American Health Organization

UNAIDS

UN WOMEN



End Violence Against Children
THE GLOBAL PARTNERSHIP

VIOLENCE AGAINST CHILDREN

BD

CDC Foundation
Together our impact is greater

cummins partners

EVERY HOUR
MATTERS

WOMEN DELIVER



GW
The Global Women's Institute

The Partnership for Maternal, Newborn & Child Health



Save the Children

Child Helpline International

RISEUP
for girls, youth and women

SafeTrek

Jhpiego
an office of Johns Hopkins University

Pathfinder International

Post-Rape and Defilement Care Resources in Kampala

Kampala Capital City Authority (KCCA)

[KCCA](#) runs various community health facilities across the five divisions of Kampala.

For more information, contact City Hall Plot 1-3 Apollo Kagwa Road

P.O.BOX 7010 Kampala. Telephone: 0204660000

SMS Code: 7010

Toll Free Line: 0800990000

Email: info@kcca.go.ug

Marie Stopes Uganda

Marie Stopes Uganda (MSU) provides a wide range of short-term and long-term [contraceptive methods](#) to people of reproductive age through 15 static [centres](#) across the country. The MSU team also provides medical consultation, specialist sexual and reproductive counseling, laboratory services, STI diagnosis and treatment, referral for HIV treatment, and [post-abortion care](#). In Kampala, Marie Stopes has various clinics. For more information, contact them through this address:

Plot 1020 Kisugu Muyenga P.O.BOX 10431, Kampala Uganda,
Free hotline: +2560800220333

Telephone: +256393263318 or +256 0414510337

Email: info@mariestopes.or.ug

Website: mariestopes.or.ug

Most At Risk Populations' Initiative (MARPI)

MARPI provides quality, non-discriminatory and youth-friendly HIV, STI and other sexual and reproductive health (SRH) services, including PEP and PREP to all key populations regardless of age and sexual orientation. MARPI is located in Mulago Hospital in the Old Mulago section.

Plan International Uganda

[Plan International Uganda](#) has field offices in various divisions of Kampala.

Head offices are Plot 126 Luthuli Avenue Bugolobi Kampala.

Telephone: +256414305000

Email: uganda.co@plan-international.org

Naguru Teenage Information and Health Center

NTIHC values provision of quality youth friendly services to young people. Provision of timely and appropriate adolescent sexual reproductive health services and information to young people.

Bugolobi Spring Road, Opposite Shell Bugolobi

Toll Free Telephone: 0800311222

Office Telephone: +256393216467

Email: info@ntihc.org

Reproductive Health Uganda Clinic (RHU)

[Reproductive Health Uganda](#) provides youth-friendly family planning, HIV/STI and other SRHR services. RHU has three clinics in Kampala:

Bwaise Kawempe Division

Owino Market in Kampala Central

Plot 2, Katago Road, Tufnell Drive, Off Kira Road, opposite the Uganda Museum, next to Mariandina, P.O. Box 10746 Katago Rd, Kampala. Please see here the link with contact phone numbers for all RHU clinics across the country.

Sauti Uganda Child Help Line

[Sauti Uganda Child Help Line](#) is positioned as a government service for reporting, tracking, responding to and referring child abuse cases. You can call 116 toll-free to report all cases of child abuse.

Uganda Youth Development Link (UYDEL)

UYDEL operates in eight districts in Uganda. They run 13 youth-friendly drop-in centres, five of which are girls' only safe spaces where adolescent girls and young women can receive a wide range of empowerment services. UYDEL offers girls a temporary shelter, medical, psychosocial, humanitarian and legal assistance, vocational and life skills training and reintegration with their families.

Sir Apollo Kagwa Rd, Bifro House Opp. MBI above Action Aid

P.O. Box 12659, Kampala

Telephone: +256414530353

Wakisa Ministries

Wakisa Ministries offers temporary shelter and Christian counseling to girls with unwanted pregnancies who have been abandoned, rejected or abused by their families.

Office Telephone: +256 414 576087

Mobile Phone: +256782064580 / +256794858943 /

+256790432018 Plot 73, Albert Cook Rd

Namirembe Road Next to Child Fund

P.O.Box 6249, Kampala-Uganda