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.

**WITHIN 72 HOURS:**
- Take post-exposure prophylaxis (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.

**WITHIN 120 HOURS:**
- Take emergency contraception within 120 hours for pregnancy prevention.

**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

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