What support can I expect from the police?

At your local police station, there’s a special Victim Support Unit that assists survivors of sexual abuse, rape and defilement. They can provide valuable support and advice during this time. They will help you throughout the legal and criminal process.

For more information, visit your local health center or hospital and ask about Emergency Contraception. You can also call the toll-free hospital helpline on 992, or the toll-free police helpline on 991.

What help can I get from health facilities?

Health care providers can treat and even prevent many of the injuries resulting from sexual assault, including HIV/AIDS. They can also provide counseling to help you cope better with such an event. Remember, the sooner you arrive at the facility, the more that can be done for you.

If you’ve been raped or defiled, emergency contraception can help you prevent pregnancy.
What is Emergency Contraception?

If you’ve been raped there is a pill you can take – Emergency Contraception – that can help prevent pregnancy, if taken promptly. Emergency Contraception is simply a higher dose of the same hormones used in common birth control pills. It is most effective if it is taken within 12 hours of the rape. But it can still work if it is used within 3 days (72 hours) after the rape. The longer you wait, the less likely it is that Emergency Contraception will keep you from getting pregnant.

Does Emergency Contraception cause an abortion?

Emergency Contraception prevents pregnancy. It does NOT cause an abortion. If you were already pregnant at the time you were raped, Emergency Contraception will not affect your pregnancy.

What are the side effects of Emergency Contraception?

The side effects of Emergency Contraception can include:
- Nausea and vomiting
- Tender breasts
- Headache
- Dizziness
- Fatigue
- Abdominal pains/cramps.
Any side effects usually go away within a few days. Emergency Contraception may affect your period. It may be early or late, light or heavy. There will be no long-term effects on your health.

Where can I get Emergency Contraception if I’ve been raped?

Ask for Emergency Contraception at your local health facility. Trained staff will explain what Emergency Contraception is, tell you about its effectiveness and side effects, and give it to you if you ask for it.

Does Emergency Contraception protect me from HIV/AIDS or other sexually transmitted infections?

No, Emergency Contraception offers no protection against HIV/AIDS or any other sexually transmitted infections. It can only help prevent pregnancy.

Will I be able to get pregnant in the future if I take Emergency Contraception?

Yes you will.