

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

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EVERY HOUR
MATTERS

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