

What is a Sexual Assault Forensic Exam (SAFE)?

- ▶ A SAFE is a thorough physical examination performed by a Sexual Assault Medical Forensic Examiner (SAMFE). This exam is performed only with your consent.
- ▶ The SAMFE will ensure that you receive appropriate medical care, including prevention of an unwanted pregnancy and/or sexually transmitted infections.
- ▶ The SAMFE will also collect potential evidence of an assault from your body and clothes. This potential evidence may be useful in an investigation, should you choose to pursue one now or in the future.
- ▶ You can have a SAFE with both a restricted or unrestricted report (determined during your consultation with a Victim Advocate).

If you want to know more, scan the QR code below or refer to the following link below for a four- minute video:

<https://shop.safehelpline.org/what-is-a-sexual-assault-forensic-exam.aspx>



DoD
Safe Helpline
Sexual Assault Support for the DoD Community
safehelpline.org | 877-995-5247

Sexual Assault Response Team

Our goal is to provide a streamlined, coordinated, and compassionate approach to patients who have experienced sexual assault



Forensic Healthcare Coordinator

NMRTC Camp Pendleton
Phone: 760-719-4383

Camp Pendleton 24/7 Sexual Assault Support Line

Phone: 760-500-1707

Camp Pendleton 24/7 Domestic Violence Helpline

Phone: 760-500-2633

24/7 DoD Safe Helpline:

Phone: 877-995-5247

Naval Criminal Investigative Service

Phone: 760-725-5150

Community Counseling Center

Phone: 760-763-3222

Military/Veteran Crisis Line

Phone: 800-273-8255

Press 1: Psychological Health Resources

Military OneSource

<https://www.militaryonesource.mil>



MEDICAL CARE FOLLOWING SEXUAL ASSAULT

There is no one answer or path toward healing following a sexual assault.

The Emergency Department Staff at Navy Medicine Readiness and Training Command, Camp Pendleton are here to assist you.

Here is information to help you know what to expect during your visit.



▶ *If you recently experienced a sexual assault, you may want to consider a Sexual Assault Forensic Exam (SAFE).*

In the meantime, to save potential evidence, please do not eat, drink, or take medications until cleared by medical staff.

Do not use cleaning wipes with urine sample collection, or wash hands afterward. Keep tampons/pads in place.

Even if you have showered or performed any hygiene activities listed above, potential evidence can still be collected.

What to Expect

Check-in and Triage

It is not necessary to disclose all the details of the assault during the triage and medical clearance process. Our goal is to address immediate concerns, formulate a plan of care, and provide the right resources to you during your ER visit.

Front Desk: staff will check you in and take your vital signs.

Triage Nurse will ask you about:

- Your medical and surgical history.
- Allergies and medications you are taking.
- Current injuries, pain you are experiencing, and immediate medical or safety concerns.
- Screening and safety questions
- It is important to let the nurse know if you **lost consciousness**, were threatened or assaulted with a **weapon**, or were **“choked,” strangled or suffocated** (pressure applied to your neck, or over your mouth/nose).

Victim Advocate

Victim Advocates are a **confidential resource**, and they will provide you with information on your rights and choices regarding reporting options, services and resources available.

If you have not already contacted a Victim Advocate, we will contact one for you.

Victim Advocates assist you in working with your healthcare team to make informed decisions about your care options.

Healthcare personnel are required to notify the **Sexual Assault Response Coordinator** (SARC) for any disclosure of sexual assault.

If you have experienced sexual assault by a *spouse or intimate partner*, the **Family Advocacy Program** (FAP) Victim Advocate will be notified.

Meeting with a Victim Advocate does not obligate you to accept their services, or make an official report of sexual assault.

Medical Clearance

The ED Provider will review the information provided during triage. Additional details that are helpful in coordinating your plan of care include:

- Last menstrual period; current method of birth control (if applicable)
- When the assault occurred.
- Areas where penetration occurred (or likely occurred), if known.
- Details about injuries or symptoms.

Testing and Treatment Options

Pregnancy Prevention: If you are capable of conceiving, you will receive a pregnancy test and be provided options for emergency contraception.

Medications: You may receive antibiotics to prevent chlamydia and gonorrhea infections.

HIV Post-Exposure Prophylaxis: May be considered up to 72 hours after exposure.

Testing: You can be tested for a range of Sexually Transmitted Infections, including baseline testing for HIV, Hepatitis, and Syphilis. Testing for other STIs can also be done, if indicated.