

SURVIVOR'S GUIDE:

What to know after rape or sexual assault



You are not alone!

Emergency room health professionals and counselors from the Rape Crisis Center (Sexual Assault Response Team) are here to help you 24 hours a day, 7 days a week. These services are **free** and **private**.

You do not have to go through this alone. Ask the nurse or doctor at this healthcare facility to contact a rape counselor (sexual assault advocate). This counselor will talk to you about all of your options. He or she can explain what choices you have and help you make decisions that you are comfortable with.

The health care providers and rape counselors will care for you with dignity and compassion.

These are some important things you should know:

- You do not have to report your assault to the police to get a forensic medical exam.
- Health care providers will tell you about any examinations, procedures or treatments before you choose to have them. You have the right not to do any of them.
- You may have someone with you when you talk to the police if you decide to report it.
- All of your information will be kept private.

The law does not allow a hospital or health care provider to bill you for a forensic medical exam or related services.

Forensic medical exams and related services are free. They include:

- Lab tests and screenings related to the exam
- Medicine provided during the exam
- Services related to the exam.

If you have insurance, with your consent, the provider may bill your health insurance company.

- Louisiana law states that you do not have to pay anything.
- Your insurance company will only send an explanation of what services you were billed for to an address you choose. You may decide you do not want this.
- The provider may also bill Medicaid, Medicare or Tricare if you are enrolled in one of these.

If you receive a bill, you may file a complaint with the Louisiana Department of Health by **emailing HSSComplaints@la.gov** or **calling 866-280-7737**

If you get a bill for any non-covered medical services other than the forensic medical exam, you may be able to get these bills paid by the Crime Victims Reparations Board (not to exceed \$1,000). For information about what costs are covered or how to apply for help, visit their website at www.lcle.state.la.us/programs/cvr.asp or call (888) 6-VICTIM (888-684-2846).

Emergency Contraception (EC) is a safe way to reduce the chance of getting pregnant after rape or sexual assault. Your provider can provide you with EC or a prescription for EC. It comes in 2 different forms:

- **Emergency Contraceptive Pills:** The 3 different kinds of EC pills are described below. All are safe and effective for preventing pregnancy.
- **Intrauterine Devices (IUD):** IUDs are small, T-shaped devices that are inserted into the uterus by a medical provider.

EC Pills:	Progestin Only	Ulipristal Acetate	Combined Hormone
Brand Names	Plan B One Step™, My Way™, Next Choice™	ella®	Multiple pills
Days to use after unprotected sex	3	5	5
Prescription needed?	No	Yes	Yes
Percent effective	81-90%	85%	74%

IUD:	Hormonal IUD	Non-Hormonal Copper IUD
Brand Names	Mirena®, Liletta®	Paragard®
Days to use after unprotected sex	5	7
Prescription needed?	Yes	Yes
Percent effective	99%	99%
How long does it last?	Up to 8 years	Up to 12 years

Important numbers:

- National Sexual Assault Hotline: (800) 656-4673
- Crime Victims Reparations Board: (888) 684-2846



January 2023