

# IMMEDIATE STEPS AFTER AN ASSAULT

If you have experienced sexual assault or interpersonal violence, the most important thing you can do is **get to a safe place**. If you or anyone else is in immediate danger, call 911 as soon as possible. Then consider taking the following steps:

**Preserve evidence.** Avoid washing, douching, brushing your teeth, or changing your clothes. While this may be difficult, preserving any evidence is important in the event that you decide to report the assault.

**Contact someone.** No matter how late it is, you should not be alone. Many people at the University and in the community can help and support you 24/7. You could contact either:

- A friend
- A member of your hall staff (rector, assistant rector, RA)
- Notre Dame Police Department (NDPD) (574-631-5555)
- University Counseling Center (574-631-7336)
- University Health Services (574-631-7497)
- S-O-S of the Family Justice Center of St. Joseph County (574-289-4357)
- RAINN.org online chat

**Seek medical attention.** St. Joseph Regional Medical Center (574-335-5000) has specially trained Sexual Assault Nurse Examiners (SANE) available 24/7 to collect evidence that may be used if you choose to report. You may also go to Memorial Hospital (574-647-1000), though SANE nurses may not be available. Both hospitals can help treat injuries and check for pregnancy and sexually transmitted diseases and infections. University Health Services can assist with arranging transportation and can provide confidential and professional follow-up medical care.

You can request that hospital staff complete your medical exam anonymously. All evidence collected will be held for a one-year period, giving you time to decide whether or not to file a police report. After one year, all evidence will be destroyed.

Insurance will not be billed if you seek medical care within 120 hours of the assault.

Emergency room staff may ask if you would like them to contact the police. This is your decision. You do not need to speak to the police if you do not wish to do so and filing a report does not obligate you to follow through with pressing charges.

**Consider reporting the assault.** File a report with the University at [speakup.nd.edu](https://speakup.nd.edu). Contact NDPD or the appropriate local law enforcement agency to file a police report.



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