



**FREE MEDICAL EXAMS  
AND  
TREATMENT**

**If you have experienced sexual violence, had unwanted sex, or felt coerced into engaging in any sexual activity, know that it is not your fault and there are resources available to help. If you have medical concerns, you can receive a medical exam and treatment at no cost to you.**

There are nurses in Vermont – called Sexual Assault Nurse Examiners (SANE) – who have been specially trained to provide support to people who have been sexually assaulted. Vermont has at least one trained SANE at every hospital. If you go to the hospital, a trained SANE can:

- Examine and treat you for any injuries you may have received.
- Give you a pregnancy test and emergency contraception, if you want.
- Screen and provide treatment or preventative medication for sexually transmitted infections, including HIV.
- Conduct a forensic exam to collect evidence for use in a police investigation, if you choose to do so.

**All of these services are optional.** You are in control of any SANE exam – you can stop the exam at any time, and if you're over 18, it's up to you whether or not to report the crime to the police. If you're under 18, SANE nurses are mandated by law to report the crime to the Department of Children and Families (DCF – which used to be called SRS). If you're under 16, then SANE nurses are also required to call the police to report what happened to you.

**You can request an Advocate to support you at any time.** An Advocate can accompany you to the hospital or other health care provider and is there exclusively to support you and help you sort out your options. You can call 1-800-489-7273 to talk to an Advocate before you decide to go to the hospital, or you can request an Advocate once you arrive at the emergency room or health care center.

**All of these services are free.** You do not have to have health insurance, or give any health insurance information, to receive any of these services.

**You can also choose to go to your doctor or another health care provider.** Your regular physician or staff at Planned Parenthood <http://www.plannedparenthood.org> can help, if you don't want to go to the hospital. These doctors may not be able to collect evidence, but they can provide medical care like pregnancy testing and prevention, and drugs to prevent STIs. If you choose to see a private physician or go to a health care center, you can still receive these services for free. Payment for all of these services is made by the *Vermont Center for Crime Victim Services* <http://www.ccvv.state.vt.us>. For more information, click here <http://www.helpnowvt.org> or call the Center at 1-800-750-1213 or 1-800-845-4874 (TTY).

**You do not need to report the sexual assault to the police to receive these services.**

**If you're going to the hospital:** You can call an Advocate at 1-800-489-7273 to find out more about the exam. You should be prepared for the exam to take a while – sometimes several hours. Remember that you're in control – you can leave or take a break at any time. If you choose to have evidence collected, the nurse may take your clothes as evidence, so you should bring a comfortable change of clothes with you. If you have already changed your clothes, put the clothes you were wearing at the time of the assault into a paper bag and bring it with you.

If you can, try to avoid peeing, showering, brushing your teeth or douching before you go to the hospital. This will retain important evidence. The most important thing, though, is to take care of yourself. If you have questions, feel free to call an Advocate.

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## LOCAL HOSPITALS

Southwestern VT Medical Center (Bennington)	800-543-1624	<a href="http://svhealthcare.org">http://svhealthcare.org</a>
Brattleboro Memorial Hospital (Brattleboro)	802-257-0341	<a href="http://www.bmhvt.org">http://www.bmhvt.org</a>
Copley Hospital (Morrisville)	802-888-8888	<a href="http://copleyhealthsystems.org">http://copleyhealthsystems.org</a>
CVMC (Barre/Berlin)	802-371-4100	<a href="http://www.cvmc.org">http://www.cvmc.org</a>
Fletcher Allen Health Care (Burlington)	800-847-0000	<a href="http://www.fahc.org/Emergency/emergency_dept.html">http://www.fahc.org/Emergency/emergency_dept.html</a>
Gifford Medical Center (Randolph)	802-728-7000	<a href="http://giffordmed.org">http://giffordmed.org</a>
Mt. Ascutney Hospital (Windsor)	802-674-6711	<a href="http://www.mtascutneyhospital.org">http://www.mtascutneyhospital.org</a>
North Country Hospital (Newport)	800-750-7331	<a href="http://www.nchsi.org">http://www.nchsi.org</a>
Northeastern Vermont Regional Hospital (St. Johnsbury)	802-748-8141	<a href="http://nvrh.org">http://nvrh.org</a>
Northwestern Medical Center (St. Albans)	802-524-5911	<a href="http://www.northwesternmedicalcenter.org">http://www.northwesternmedicalcenter.org</a>
Porter Medical Center (Middlebury)	802-388-4701	<a href="http://www.portermedical.org">http://www.portermedical.org</a>
Rutland Regional Medical Center (Rutland)	802-775-7111	<a href="http://www.rrmc.org">http://www.rrmc.org</a>
Springfield Hospital (Springfield)	802-885-2151	<a href="http://www.springfieldhospital.org">http://www.springfieldhospital.org</a>