



If you have been the victim of sexual assault...

1. **Try to get to a safe and secure location away from the perpetrator.**
2. **If possible, do not shower, bathe, change clothes, brush your teeth, eat or drink anything or clean up where you were sexually assaulted.**
3. **Call your local emergency number if you are in an emergency situation or need immediate medical attention. Request a sexual assault forensic exam (SAFE) to preserve forensic evidence.**
4. **Contact your local SARC for 24/7 support. To locate a SARC or VA near you, use this link:**
<https://safehelpline.org/nearme>
5. **You have the option of contacting law enforcement or your command leadership. However, a restricted report will no longer be an option once those individuals are notified.**

REMEMBER - You are not alone and the sexual assault was NOT your fault. The SAPR office is here to help you find out your options and utilize the services available to you.