



## **Post Exposure Prophylaxis for HIV (PEP)**

### **Emergency response for exposure to HIV through assault or accident**

### **Port Moresby**

**Get Support.** Tell someone you can trust – parent, friend, minister, or counsellor. This person will provide support and help you to make plans. Recovering from sexual assault is less difficult if you seek support. Try to write down any details you can recall, as soon as possible. Your supporter can also help you preserve evidence of the situation.

**Seek medical attention as soon as possible.** You may have hidden injuries and may need to explore options for preventing pregnancy or sexually transmitted infections (STIs and HIV). Drugs used for emergency contraception and to prevent HIV & STIs need to be accessed quickly. You have a limited time window within which to work – so it is important to ask to see someone who can provide PEP or post exposure prophylactic medication, in cases where you may have been exposed to HIV.

**Preserve any evidence.** Do not change your clothing, wash, shower, or brush your teeth. Seeking medical attention will also allow you to have evidence collected. You do not have to decide whether to prosecute now. Having evidence collected within 72 hours (3 days) gives you the option to decide whether to prosecute later.

#### **Making a Decision about Prosecution...**

**Even if you decide NOT to press charges,** consider seeking support to talk about the situation. Keep the written record or notes you have made of the attack, or incidents that you think are unfair. You may choose to press charges later.

**Call G4H Meri Seif Line 7222 1234**

To get to a safe place quickly

**Operate 24 hours day and night**

**Assist victims of sexual abuse or assault from point A (residents) to point B (meri seif haus)**

In Port Moresby you can call Lifeline

Telephone counselling line: Phone 326 0011

This is an anonymous way to talk about a sexual assault that will not result in charges being laid, but allows your story to be heard

Ask a female police officer to help you if you prefer.

#### **If you decide to press charges**

##### **In Port Moresby**

The sexual offences squad will refer you to medical service if you have not already been. Please call: **Sexual Offences Squad Phone 324 4224**

or go straight to Boroko Police Offices, not the station but the superintendent's offices at the back of the car park. It is very important to get the sexual assault referral forms as quickly as possible and preferably **before** you go to the hospital. Ask a friend to help you do this



## Post Exposure Prophylaxis for HIV (PEP)

**Post Exposure Prophylaxis for HIV.** If you are given PEP, it is usually a 28-day course of antiretroviral treatment. This requires supervision and follow-up. You need help to do this.

**Where to get help.** Take care of yourself, even long after the event. Even after an event, the emotional trauma maybe far worse than the medical trauma. Seek support of trusted family and friends. Do not be afraid to ask for help. Talk to a counsellor again about the healing process. Realise that healing takes time and cannot be done by yourself. You have been hurt and your behaviour will change because of this. This is normal. Some people may not want to be alone. Others may want to be alone. Small things may upset or frighten you. This is normal and healing will take time. Even relationships may change. Partners or family may also need to seek support or counselling.

B4H staff may be able to help you seek service or answer questions you may have.

**B4H Infoline bmobile Toll FREE 7676 2482  
8 – 5 Monday – Friday**

Call the B4H office for help to modify this form to suit the services provided near your workplace. Check out [www.businesses4health.com](http://www.businesses4health.com) to check the HIV ART, PEP, PreP service locations

**END OF FORM**

**Note for policy officers using this form**

PEP clients should adopt risk-reduction practices until their seronegative status is confirmed at follow-up. This includes safer sexual and injecting behaviour as well as preventing exposing others to their body fluids through other means such as accidents or body tissue donation. Women should be counselled about pregnancy, the risk of mother-to-child transmission, contraception, and offered emergency contraception if indicated.

*Not for printing / internal use only*



## **Things you may feel if you are Sexually Assaulted**

### **Common Reactions to Sexual Assault**

#### **The Initial Shock or Acute Stage**

- You may feel a sense of crisis, loss of control, and a sense of unreality. As a survivor of assault, you may feel a great deal of confusion and have a hard time making decisions.
- Everybody responds differently. Some people may be very expressive (crying, easily startled, “hyper alert”, and “hysterical”) or withdrawn (numb, disconnected, quiet, no obvious emotion) or some combination. There is no right way to respond.

#### **The Denial of Shock or Acute Stage**

- Many people attempt to go on with life “as usual” and want to forget the assault – or deny it ever happened.
- Sexual assault survivors do not usually seek help during this stage.
- You cannot be forced out of the denial stage, nor should anyone try to force you. Denial is an effective way of dealing with trauma temporarily. As a supporter or friend, you might let the survivor know that eventually things will surface and the event will “hit them.” Communicate that this is a normal reaction and that there are resources ready to help when he/she wants/needs them.

#### **Reactivation or Decompensation Stage (“Life falls apart”)**

- This phase is usually triggered by some event that stirs up memories associated with the assault.
- In this stage, the real problems start to surface, and you are likely to seek help from friends, family and advocates who were under the impression that he/she was “over” the sexual assault.
- You may experience depression, suicidal thoughts, feelings of guilt, shame, helplessness, confusion. These feelings may lead to academic and relationship difficulties, physical symptoms (headaches, gastric problems), nightmares, flashbacks, and changes in eating and sleeping patterns.

#### **The Anger Stage**

- When you begin to acknowledge the fact that you had no control over what happened you can let go of some of the self-blame, you may begin to experience intense feelings of fear, anger and rage. You may be angry at everyone except the perpetrator because he or she seems the “least safe target” for your anger. Your friends will understand this.
- This stage also usually involves a grieving process: you may begin to identify personal losses and start to face the pain around those issues.

#### **The Integration Stage**

You will start to see the assault and the events surrounding it as a significant life experience integrated among many other experiences. The event becomes part of the past and is gradually acknowledged as an event that continues to affect you, but not one that controls your emotions and behaviour.



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Tuberculosis and HIV

## What do I Say to Someone Who has been sexually assaulted?

- **Listen** to their story when they are ready to talk. Avoid “why” questions as the person may experience it as condemning, intrusive, or insensitive.
- **Believe their story.** They will really need your support not your doubt. People rarely lie about sexual assault.
- **Emphasise that this is not their fault!** No one deserves to be sexually assaulted, no matter what they did, what they were wearing or what they said.
- **Encourage them to get medical treatment.** Remind them not to change their clothing, wash, shower, or brush their teeth.
- **Let them decide who to tell;** this is not your story to share.
- **Encourage them to talk to a counsellor.** Let them decide when to seek help.
- **Let them decide whether to report it to authorities.** Their deciding helps them to take control. Infoline, crisis centres or Hotlines can be very helpful.
- **Let them express their feelings. They are not aimed at you** even if they sound angry.
- **Remember that everyone responds differently.** Some people experience the effects of sexual assault immediately afterwards while others experience effects over time.
- **Take care of yourself while helping.** It can be very difficult to support someone through such a traumatic event and you may need to seek help for yourself. It may take a long time for them to heal emotionally.
- **Offer to stay with them** or help them find someone they would like to stay with.



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## **B4H: TB & HIV workplace toolbox HIV session**

### **PEP and what to do if you are sexually assaulted.**

#### **Workplace learning activity role-play:**

It is first thing Monday morning and the HIV champion is in the office and a colleague knocks on office door and asks to talk...

#### **Scenario 1**

**Colleague....** Um errrrr, ah, I, um.... Bursts in to tears...and sobs eventually she/he manages to get out that she has been raped over the weekend

**HIV Champion....** Check the info sheets on “what to do if you are sexually assaulted” and work out what you are going to say”

Consider:

- Time
- Place
- HIV
- STI
- Pregnancy
- The law – evidence, documentation...
- The perpetrator
- Your resources or ability to help...
- Anything else...

#### **Scenario 2**

Moses is at work when his colleague calls in sick. Plan your reaction to this situation...

“Hey bro, mi gat hevi nau monin sampla mangi holdup lo car lo front gate na bipo long oli take off ol wokim nabaut long lik lik sista bilong mi na mi need long kisim em igo long haus sik.

Mi tingting planti long dispela PEP Bro? how bai mi wokim dispela?



If you need a TB or HIV test

**COVER YOUR COUGH**

Businesses for Health:  
TB Toll Free Infoline 7676 2482

The graphic is set against a black background. It features the text "If you need a TB or HIV test" in white at the top. Below this, the word "COUGH" is written in large, bold, yellow capital letters. The letter "O" is replaced by a red, splatter-like shape containing a white rectangular box with the words "COVER YOUR" in black, stacked vertically. The entire graphic is surrounded by white dots and lines, suggesting a cough or splatter.