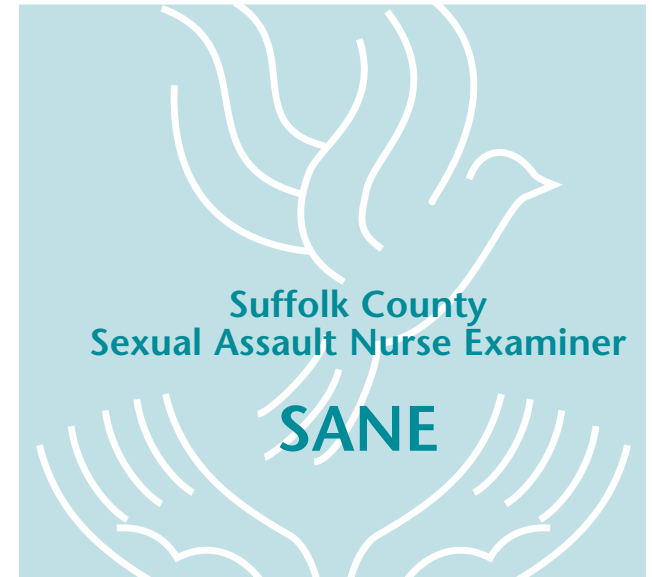


# Victims Information Bureau of Suffolk

## What to do if you are sexually assaulted:

- **Get to a place where you feel safe.**
- **Preserve evidence of the attack.**  
Do not wash, smoke, urinate, change your clothes, eat or drink anything, brush your teeth or clean up the area where the sexual assault occurred. There still may be evidence to collect, even if you have done any of these things.
- **Call our 24 hour hotline at (631) 360-3606** so that a rape crisis counselor can give you all the information you need to decide what to do.
- **Go to Good Samaritan Hospital, Mather Hospital or Peconic Bay Medical Center** where an Emergency Room Companion and Sexual Assault Nurse Examiner can meet you for medical attention.
- **Call a friend or family member to support you.**

**SANE Project Coordinators**  
Police Departments of Suffolk County  
Good Samaritan Hospital  
Mather Hospital  
Peconic Bay Medical Center  
VIBS  
Suffolk County District Attorney's Office



*Safety • Empowerment • Hope*



**Victims  
Information  
Bureau of  
Suffolk**

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*Services for Survivors of  
Domestic Violence and Sexual Assault*



What to do,  
what to know,  
before going to the  
emergency room.



80% of women who are  
stalked by former husbands  
are physically assaulted  
by that partner and  
30% are sexually assaulted  
by that partner.



"At the SANE center, a nurse talked to me about preventing disease and pregnancy after I was raped."



"Thanks to VIBS, I feel normal again."

### What is the SANE program?

The Suffolk County Sexual Assault Nurse Examiner (SANE) Program is a safe place where any age **survivor of sexual assault** can go to receive **medical care and have forensic evidence collected**. A specially trained forensic nurse examiner will offer prompt, compassionate and non-judgmental care.

### What is Sexual Assault?

Sexual Assault is any type of **unwanted sexual contact**. It includes vaginal, oral, anal penetration or sexual touching. It can happen to anyone. The perpetrator of these crimes can be someone you know or a stranger. Whatever the case, a **person who is sexually assaulted is never to blame**. Approximately 1 in 4 women and 1 in 10 men will be sexually assaulted in their lifetime. In over 85% of cases the victim knows the perpetrator.

### Why would I need to use a SANE center?

Every survivor of sexual assault has many medical and legal options. At the SANE center you will be offered choices about medical evaluation, preventative medication for pregnancy and Sexually Transmitted Infections (STIs), as well as evidence collection and storage. The evidence can be used if you choose to report the crime to the police. An **Emergency Room Companion (ERC)** will be available to you to provide emotional support and advocacy.

### Do I have to pay for a SANE Exam?

If you have insurance and you feel safe using it, the hospital will bill your insurance. If you do not have insurance or if you are afraid to use you insurance, New York State Crime Victims Board will pay for your exam.

### What happens during a SANE Exam?

The exam is done entirely at your pace. During the exam the SANE nurse will:

- Obtain a medical history
- Collect any evidence from the patient using the New York State Evidence Collection Kit
- Offer preventative medications for HIV, Hepatitis, STIs and pregnancy
- Provide a change of clothing, and place to shower
- Referrals for follow up services.

### Is SANE available to anyone?

**YES** – anyone can have a SANE exam regardless of their age, gender or if there is police involvement, as long as the assault happened **within 96 hours**. If you were assaulted more the 96 hours ago please call our 24-hour hotline for assistance. Translation services are available. Teenagers do not need parental consent. **All services are confidential.**

### Do I need police involvement?

No. You can have evidence collected and it can be held in the hospital for 30 days if you are unsure about having police involvement. SANE's can call the police for you if you choose.

## Sexual Assault Nurse Examiner

**SANE**  
6 3 1 . 3 6 0 . 3 6 0 6

### If I need to get to a SANE center, what do I do?

You can use one of the following two options:

- Call 911
- Go directly to Good Samaritan Hospital, Mather Hospital or Peconic Bay Medical Center – If you are at a hospital that does not have a SANE center you can ask to be discharged to Good Samaritan Hospital, Mather Hospital or Peconic Bay Medical Center.

### What other services will I be offered?

The Suffolk County SANE program collaborates with many other agencies and programs that provide **free and confidential** specialized services to victims of sexual assault. Some of these services include:

- Emergency Room Companions (ERCs)
- Special ERCs for victims under the age of 18. These ERCs also work for the Child Advocacy Center. The ERC will help the victim and family set up appointments for follow up medical care.
- Court advocacy
- Assistance with Crime Victims Board Compensation
- Priority counseling
- Services for family or significant others

### How to help a friend:

- Listen
- Believe
- Be there. Don't be judgmental.
- Be patient. Understand that your friend may experience nightmares, flashbacks, difficulty eating and sleeping, irritability, depression, anger, anxiety, fear, self blame and difficulty concentrating.
- You and your friend can use our 24 hour hotline (631) 360-3606 for support.