

WORLD AIDS DAY 2024

'TAKE THE RIGHTS PATH: MY HEALTH, MY RIGHT!'

HIV is still the leading cause of death in South Africa. Gender-based violence, poverty, stigma and discrimination are key drivers of the epidemic among women and girls. If you've been raped, you are at a higher risk of contracting HIV/AIDS.

Here's what to do after
you've been attacked:



GO TO A PLACE OF SAFETY

- Move to a safe location immediately.
- Reach out to someone you trust (friend, family, neighbour).
- POWA Shelters: Johannesburg (West & East Rand). Counselling, legal advice, skills development.



GET HELP

- Visit a Thuthuzela Care Centre, Netcare, clinic or report to the nearest police station.
- At the clinic, ask for a PEP (post-exposure prophylaxis) treatment within 72 hours to reduce the risk of HIV.
- Ask for emergency contraception if needed.
- They can help you get to a place of safety.
- If you want to open a case, they can help.



PRESERVE EVIDENCE

- Don't wash, don't change clothes, don't brush your teeth until you've had medical attention.
- If you need to change, **put your clothes in a paper bag (not plastic)** to preserve evidence.
- Remember, **reporting is your choice**. But if you do choose to report, it could help catch your attacker.



WHAT HAPPENS NEXT?

- **Medical Examination:** Medical professional conducts an examination and provides treatment, including PEP and necessary tests.
- **Counselling and Support:** Counsellors guide you through trauma recovery and next steps.
- **Legal Advice:** Information on your rights and how to proceed if you choose to take legal action.



KEY NUMBERS

- GBV Command Centre
 - **0800 428 428 (24/7 helpline)**
 - ***120*7867# (SMS 'Please Call Me')**
- SAPS: 10111
- Scan for a full list of helpline numbers



YOU ARE NOT ALONE.

**HELP IS AVAILABLE. REACH OUT,
STAY INFORMED AND TAKE ONE
STEP AT A TIME.**