



University of Nairobi

University Health Services

Tips on what to do if you have been raped

- Report to University Health Services (UHS) for medical assistance and preventive treatment of HIV/Pregnancy and STIs.
- Report to the police station and ensure you fill in the Post Rape Care forms
- Seek help from University counselors
- Report to the University Security Services
- Preserve evidence
- If you should change your clothes carry them in a brown paper bag or newspaper (**NOT** plastic paper) to the University Health Services

- Urinate in a bottle if necessary and carry it to the University Health Services

DO NOT

- Take a bath
- Brush your teeth
- Or cut your nails

FURTHER TIPS

- Avoid isolated roads
 - Avoid dark alleys
 - Walk in groups
 - Avoid going out with people you do not know
 - Stay alert
 - Avoid food or drinks given by strangers
 - Do not leave your food or drinks unattended
 - Avoid Alcohol and Drug Abuse
 - Know yourself and friends well
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