SANE
(sexual assault nurse examiner)
PROGRAM

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Providing Medical and Forensic Evaluation through Compassionate Personal and Private Care to Survivors of Assault
Caring for Survivors from Start to Finish
Standing Strong to Support Survivors and their Families
Sexual Assault/Abuse
Intentional touching, fondling, penetration, picture taking/showing and/or exhibition without permission from the survivor.

Sexual conduct the survivor is not able to consent to or to understand.

Force/Weapons may not be used.

No one has the right to violate your body.

“What do I do if I think I may have been abused/assaulted?”

Tell Someone
Get out of danger and report the incident immediately. You may go to the:
- Police
- Friend
- Growing Strong
- Nearest Emergency Room
- Dial 911

Seek Treatment
Decatur Memorial Hospital has the county’s only Sexual Assault Nurse Examiner Program. We offer compassionate, private, forensic and medical evaluation. A SANE is available 24/7 to take care of you.

“What is SANE?”
A SANE is a registered nurse that has been trained to take care of your medical and forensic needs. The SANE will collect evidence from you that the police can use to find your attacker. The SANE will be with you from start to finish.

“What happens during the exam?”
“What will it hurt?”
The SANE will listen to your story. She/he will examine your injuries. For females, vaginal speculum exam is offered. For men, penile swabs are offered. Collection of DNA from your mouth, fingers, hair and genitals will be done. The exams are uncomfortable due to the situation, but if something is going to hurt, we will tell you and you will have the option if you want to continue with the exam. If at any time we offer you services that you choose not to have, we will honor that request. We will not be upset if you decline. This care is YOURS. We are here for YOU.

Your Rights
An advocate from Growing Strong is available to sit with you and answer any questions you may have.

You have to right to:
- Talk to the police or not
- Privacy
- Not be billed
- Evidence collection
- Be treated with compassion and dignity
- STD and pregnancy prevention
- HIV testing
- Follow-up care
**Infection**: If you feel that any abrasion you have sustained may be infected, seek medical attention.

**Venereal Diseases:**

**Gonorrhea**: Intercourse does not have to be completed for infection to occur. Gonorrhea sometimes has no symptoms.

- **Women**: Infection may cause watery, yellowish-green pus-like vaginal discharge. As infection progresses, vaginal discharge may increase.
- **Men**: May have thick-milky discharge from the penis.
- **Oral**: Infection may cause swollen glands, sore throat, or fever beginning 2-3 weeks after contact.

**Syphilis**

Symptoms usually begin 10-45 days after infection. Primary stage consists of a chancre sore where bacteria first invaded. May be painless and may look like a pimple or blister. Secondary stage (1-6 mo. after sore) may develop a rash over hands, feet, or entire body.

**Herpes Genitalias**

Contracted during vaginal, oral, or anal intercourse. Spread from mouth to genital and/or eyes via fingers.

**Symptoms**: Tingling/burning sensation of the skin at genitals, leg or buttocks. Men may have a watery discharge from the penis and pain in the testicles. Sores look like blisters and may be on cervix and undetected. Fever and flu-like symptoms may be present. Outbreaks may last from 1 week to 1 month.

**Trichomoniasis**

Typically contracted through intercourse, but can be transmitted through moist objects.

- **Women**: Thin, foamy vaginal discharge that is greenish-yellow in color and has a foul odor.
- **Men**: Thin, greyish discharge in the urine.

**Chlamydia Trachomatous**

Transmitted through vaginal or oral intercourse. Infection can be passed by a hand that has been moistened with infectious secretions of the eye. Symptoms are urethral infection with burning upon urination. Infertility can occur.

- **Men**: Infection may occur 1-3 weeks after exposure. Proctitis (inflammation of the rectum) can also occur.
- **Women**: Thin vaginal discharge and or lower abdominal pain may occur 10-20 days after exposure.

**Blood-Borne Diseases**

**Hepatitis B and HIV**

May be transferred through body fluids. Any symptoms of concern should be followed up.

**Hepatitis C**

Typically transferred blood to blood, but is found to be in blood products and can be transferred during forcible sexual activities.

**Pregnancy**

A test will be performed on initial exam. A repeat test is needed in 6 weeks to rule out pregnancy.

**Treatment**

It is necessary to follow up with your family doctor or CHIC for re-evaluation in 6 weeks post assault. This visit is minimal and will not require you to relive your attack.

**Questions**

Call SANE (DMH ER) at 217-876-3000
Or
For 6-week appointment call CHIC (ask for SAFE program nurse) 2905 N Main Street, Decatur IL 217-877-9117 x 135