

Hummingbird

Information About the Care You Received

(Date) _____

During this time, it is common to feel many different emotions including sadness, anger, shame, guilt, emptiness and fear. We are here to help in anyway we can.

We hope that the following information will help you understand the care you received today and give you information to help you care for yourself in the weeks to come.

GENERAL INFORMATION

Today the following was completed:

- ☐ An exam by the nurse to assess for injury
- ☐ Testing/treatment for sexually transmitted infections
- ☐ Collection of DNA evidence for the purpose of police investigation now and/or in the future

TESTING

Today you have been tested for the following:

- ☐ Pregnancy (urine and/or blood)
- ☐ Gonorrhea and Chlamydia
- ☐ HIV
- ☐ Hepatitis B
- ☐ Hepatitis C
- ☐ Syphilis
- ☐ Other _____

Your test results will be available in 3-4 business days.

MEDICATIONS/SIDE EFFECTS

If you vomit within 3 hours of taking these medications, call the Klinik nurse at 204-451-9445. The nurse will call you back as soon as possible.

- ☐ **Emergency contraception** (may prevent pregnancy from this incident only) – one-time dose (may cause mild stomach cramps, an early or late period, nausea or headache)
- ☐ **Azithromycin** (antibiotic that may treat chlamydia) one-time dose
- ☐ **Cefixime** (antibiotic that may treat gonorrhea) one-time dose
Antibiotics may cause:
 - Nausea, or stomach upset
 - Abdominal cramps
 - Interference with birth control pills; suggest using condoms as a backup for the next two weeks

☐ **Hepatitis B immunization**

You received the first dose of three immunizations today.

Your 2nd dose is due on _____

The 3rd dose is due on _____

☐ **Human Papillomavirus Virus Immunization**

You received one dose today.

Your next dose is due on _____

- ☐ You do not need more doses, the series is complete.

☐ **HBIG** (this is a blood product that may prevent the transmission of Hepatitis B) one time dose. **If you experience shortness of breath, chest pain, facial swelling, rash/hives go immediately to the Emergency room or call 911**

☐ **HIV Prevention Medication** (may prevent HIV transmission)

You have been given a 3-day supply of pills. Go to a pharmacy of your choice to fill the prescription for the remaining 25 days.

You must take this medication as prescribed for a full 28 days for it to be effective.

If at any time you think you want/need to stop taking these pills, talk with your doctor or Klinik nurse first before you stop.

See the medication information sheet given with this medication for important information on side effects. You may take over-the-counter medications for relief of these side effects. Talk to your pharmacist for assistance.

☐ Other _____

FOLLOW-UP APPOINTMENT

Your follow-up appointment is:

Please call the nurse on call number **204-451-9445** to adjust your appointment or make a follow up if needed.

RESOURCES YOU MAY FIND HELPFUL

OPTIONS FOR FOLLOW-UP AT KLINIC

Hummingbird Nurse Line
204-451-9445

System Navigator
204-804-3626

Klinik Indigenous Cultural Support Team
204-804-3529

Klinik Sexual Assault Counselling (167 Sherbrook St)
Intake Line: 431-478-1641 or ljasysyn@klinik.mb.ca

24-Hour Sexual Assault Crisis Line
204-786-8631 or 1-888-292-7565 (Crisis Line)
Website: www.klinik.mb.ca

COUNSELING AND OTHER RESOURCES

Ka Ni Kanichihk Heart Medicine Lodge
(culturally based support and advocacy for Indigenous Women over 18 years old)
455 McDermot Ave.
204-953-5820 or 204-805-0763
Web site: www.kanikanichihk.ca

Crisis Response Center
(walk-in assessment and treatment for those in mental health crisis)
817 Bannatyne Ave
204-940-1781
Website:
www.wrha.mb.ca/wave/2013/05/crisisresponse-centre.php

LAW ENFORCEMENT & VICTIM SERVICES

WINNIPEG POLICE SERVICE (WPS)

- **General Information Line:** 204-986-6222
- **Winnipeg Police Service Sex Crimes Unit**
Supervisor: 204-986-6245
- **Winnipeg Police Victim's Services** (support, information and referrals through an ongoing investigation): 204-986-6350
Email: wps-vs@winnipeg.ca
Web site: winnipeg.ca/police/Units_and_Divisions/victim_services.stm

R.C.M.P.

Call your local RCMP detachment. See the following web site for locations and contact information for individual detachments:

Web site: www.rcmp-grc.gc.ca/detach/en/find/MB

Manitoba Justice Victim's Services

(counseling, compensation, safety planning for victims of crime who have involved police)

Compensation for Victims of Crime Program

204-945-0899 or 1-800-262-9344

Web site

<https://www.gov.mb.ca/justice/crown/victims/compensation.html>

Domestic Violence Support Service (DVSS)

Call 204-945-6851 or 1-866-484-2846 toll free

If you are not in immediate danger, but need information or assistance.

Website

<https://www.gov.mb.ca/justice/crown/victims/dvss.html>

Manitoba Family Violence Prevention Program (resources across Manitoba for Manitobans [men, women and children] exposed to domestic violence, information on healthy relationships, etc.)

Call 1-877-977-0007 – if you are not in immediate danger but need information or assistance.

Web site

www.gov.mb.ca/fs/fvpp/index.html

A nurse from the program may phone you to find out how you are doing and address any questions or concerns you may have. Please know that personal information will not be left on a voicemail or given to anyone but you.