

C5 HIV Prevention Plan

Getting access to antiretroviral therapy within 5 hours of exposure can reduce your chances of contracting HIV by up to 99.7%

Today's world is becoming more and more unpredictable, with violence, rape and motor vehicle accidents constantly on the rise – significantly increasing our chances of being exposed to HIV through accident or trauma. These are the hard, if obvious, facts-of-life facing us today as we come to terms with the implications and impact of the HIV/AIDS pandemic. We need to protect ourselves, our organisations, our employees and dependents against the long-term impacts of HIV/AIDS infections.

Health Finance Corporation has teamed up with ER24 to bring you the C5 HIV

Prevention Plan – providing immediate assistance and preventative treatment to any individual exposed to HIV through rape, assault, needle stick injuries, motor vehicle accidents and other exposures.

Rape statistics in South Africa are horrific, with one estimate suggesting that a woman is raped in South Africa every 23 seconds. Men are also victims of sexual assault, with thousands of these cases going unreported every year. We know it happens and confidential medical and emotional assistance is available for male survivors.

Rape / sexual assault is a violent and traumatic experience that can happen to anyone in many situations. Prompt antiretroviral treatment may prevent you, or someone you love, from contracting HIV.

Should you be exposed to HIV through accident or trauma, you will be able to call the Contact Centre, where medically trained staff will provide telephonic counselling whilst an ER24 vehicle is despatched to the scene. You will then be transported to the nearest appropriate facility in order to begin taking your post exposure prophylaxis within the critical 5 hours.

Benefits of the programme

- 24 hour-a-day, 365 days-a-year access to the Contact Centre, providing telephonic counselling and advice on HIV/AIDS.
- Emergency transport to an appropriate medical facility following exposure to HIV.
- 28 day post exposure prophylaxis (antiretroviral therapy).
- The morning-after pill for women who have been exposed through rape.
- Sexually transmitted disease (STD) preventative medication if required.
- Access to a medical practitioner who will take blood for HIV testing immediately following exposure, as well as follow-up testing 90 days later.
- Access to an HIV management programme (excluding the cost of treatment) if you have complied with the post exposure treatment and still become HIV positive after the incident.

In the event of exposure

- The Contact Centre must be notified within 24 hours of exposure.
- Failure to do so will mean that you do not qualify for the benefits of the C5 HIV Prevention Plan.

A referred medical practitioner will then:

- Prescribe the 3-day starter pack, STD preventative medication and the morning-after pill where necessary.
- Conduct a physical examination and provide written confirmation that there is evidence of exposure having occurred.
- Ask for written consent for the release of your HIV test results to the Contact Centre.
- Take blood samples for HIV testing.
- You must have an HIV test immediately after the incident. If you are HIV negative, you then have further tests after 90 days.

Reporting exposure

If you choose to report the incident to the police, and remember that is entirely at your discretion and does not affect the benefits of your membership, please be aware of the following requirements:

- A forensic examination is necessary if you want to press charges in the event of rape.
- This must take place immediately after the incident.
- Do no wash, change or put on any fresh clothes.
- Any evidence must be placed in a paper bag, never in a plastic bag.
- Ask your medical practitioner to complete a J88 police form.
- Ensure that the medical practitioner notes any bruises, bite marks or other wounds, and that they swab any place where saliva or semen was left in the event of exposure.
- After you have made your statement to the police, check what they have written. If they have left anything out, or if it is incorrect, demand that they correct it.

How to survive rape

Knowing how to react may not prevent you from being raped, but it may shield you from further trauma.

Try to remain calm. Try and memorise what the rapist looks like so that you will be able to make identification later. If there is a gang, try to remember at least one attacker. Do not make it obvious that you are doing this.

Fighting back may simply give the rapist sexual pleasure and increase your risk of being injured or killed. Remain calm unless you believe you can fight them off or deter them. You have a better chance of this in a public place than in an isolated setting.

Call our contact centre on 0861 HIV CARE(448 2273)

