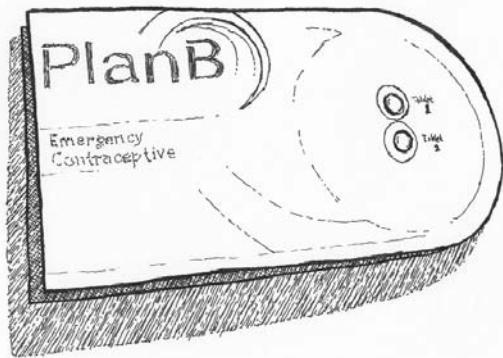


# Ka Hor-tagga Uur Qaadidda ee Deg Deg ah



## *Maxay tahay?*

Kiniiniyo la isticmaali karo si loo joojiyo uur qaadidda marka galmo la sameeyo. Haweeneydu waxay liqaysaa kiniini leh hoormoon, 5 maalmood gudahood marka ay galmo samayso.

### **1. Habkani mid aan khatar lahayn miyaa?**

Haa. Dumarka qaarkood waxay yeelan karaan, daal, ama calool-xanuun 1 ilaa 2 maalmood. Xilliga xiga ee dhiiga caadada waa soo hor maraa ama dib buu u dhici karaa.

### **2. Habkani si wanaagsan ma u shaqeeyaa?**

Haddii 100 dumar ah qaataan kiniiniyaasha 5 maalmood gudaheed markay galmo sameeyeen, 1 ama 2 ka mid ah ayaa uur qaada. Sida ugu dhakhso badan haddii haweeneydu u qaadato kiniiniga ka dib marka ay galmo samayso, shaqayntoodu aad bay u wanaagsan tahay. Ka hortaga uur qaadidda deg dega ahi, uma shaqayso, sida isticmaalidda hab kale oo joogta ah loo isticmaalo.

### **3. Sidee baan u heli karaa habkan?**

Ka hortaga uur qaadidda deg dega ah waxaa laga heli karaa farmashiyaasha badankood. Waxaad u baahan tahay in aad waydiisatid qof ka shaqeeya farmashiye si aad u heshid. Haweeneydii da'adeedu ka yar tahay 17 waxay u baahan tahay qoraal daawo ah (rijeeto).

### **4. Uur ma qaadi karaa haddii aan joojiyo isticmaalidda habkan?**

Haa.

### **5. Habkani ma iga caawin karaa iska ilaalinta ku dhicidda cudurada galmada iyo jeermiskooda?**

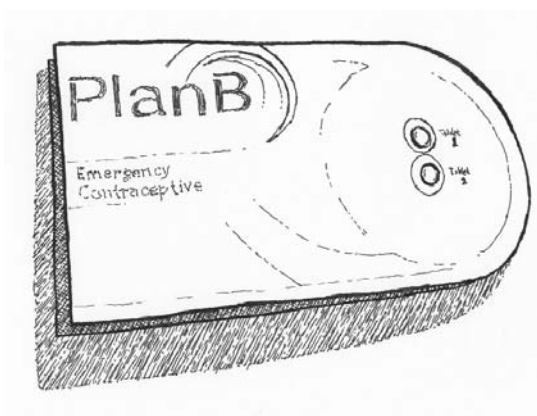
Maya.

### **6. Ma la isticmaali karaa muddada naas nuujinta?**

Haa. (Qaar baa caanaha iska lisa 24 saacadood ka dib marka ay qaataan kiniiniga.)

# Emergency Contraception

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## *What is it?*

Pills that can be used to prevent pregnancy after sex. A woman swallows pills that have a hormone in it within 5 days of having sex.

### **1. Is this method safe?**

Yes. Some women may feel tired or sick to their stomach for 1 to 2 days. The next menstrual period may be early or late.

### **2. Does this method work well?**

If 100 women take the pills within 5 days of sex, 1 or 2 of them will get pregnant. The sooner a woman takes the pill after sex, the better they work. Emergency contraception is not as effective as using another method regularly.

### **3. How can I get this method?**

Emergency contraception is available at most pharmacies. You need to ask the pharmacist to get it for you. A woman under age 17 needs a prescription.

### **4. Can I get pregnant after I stop using this method?**

Yes.

### **5. Will this method protect me from sexually transmitted infections and diseases?**

No.

### **6. Can this method be used during breastfeeding?**

Yes. (Some consider pumping after 24 hours of taking the pill.)