

# Ka Tegida Galmada

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## *Maxay tahay?*

Waa habka ah in aad iskaga waantoowdo wax la xidhiidha galmo.

**1. Habkani ma yahay mid aan waxyeelo keenayn**  
Haa.

**2. Habkani ma u shaqeeyaa si wanaagsan?**  
Haa. Ka waantoowga galmadu waa uu ka hortagaa 100% uur qaadida.

**3. Sidee baan ku heli karaa habkan?**  
Qofkasta rag iyo dumar waa ay go'aansan karaan in ay ka waantoobaan in ay galmo sameeyaan iyo in kale. Way fiicantahay in ninka iyo haweeneydu ay ka wada hadlaan in ay iskaga waantoobayaan galmada iyo in ay galmo sameeyaan.

**4. Uur ma qaadi karaa haddii aan joojiyo isticmaalka habkan?**  
Haa. Wixii isu tag ah ee dhacaa waxa uu sababi karaa in uur la qaado.

**5. Habkani ma iga caawin karaa iska ilaalinta ku dhicidda cudurada galmada iyo jeermiskooda?**  
Haa. Ka tegida galmadu 100% uurka way kaa difaacaysaa, laakiin wixii isu tag ah oo keena in ay dheecaamada jidhkiinu isu gudbaan waxay fidin kartaa jeermisyada iyo cudurada galmada lagu kala qaado.

**6. Ma la isticmaali karaa muddada naas-nuujinta?**  
Haa.

# Sexual Abstinence

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## *What is it?*

The practice of refraining from some or all forms of sexual activity.

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

Yes.

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

Yes. Sexual abstinence will prevent 100% of pregnancies.

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

A man or a woman can decide whether or not to be sexually abstinent. Within an existing relationship, it is good for a man and woman to discuss whether to be sexually abstinent or not.

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

Yes. Any subsequent sexual activity could result in pregnancy.

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

Yes. Total abstinence provides 100% protection; however, any sexual activity that involves an exchange of bodily fluids or skin to skin contact could spread a sexually transmitted infection.

### **6. Can it be used during breastfeeding?**

Yes.