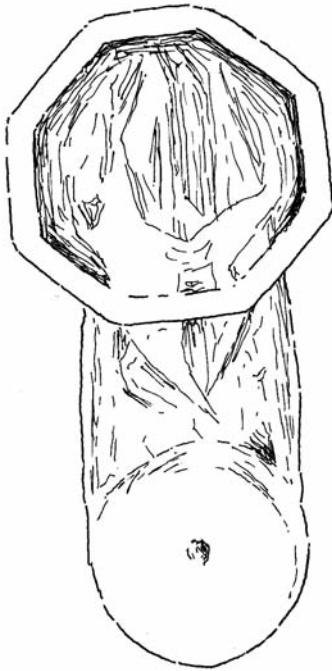


# Kondoomka Haweenka (Femidom)

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## *Maxay tahay?*

Waa cinjir khafiif ah oo la geliyo ferjiga haweenayda oo ka celiyo in minida ninku gasho ferjiga iyo minka haweenayda. Habkani waxa uu ka hortagaa uur qaadidda.

### **1. Habkani ma yahay mid aan waxyeelo keenayn?**

Haa. Cinjirka waxaa la isticmaalayay sanado badan. kondoomka haweenka waxaa la gashan karaa illaa 8 saacadood ka hor inta aan isu tag la samaynin. Markasta waa in la isticmaalo cinjir cusub, billow illaa dhamaad. Marka la isticmaalo minidile (sida midda abburka ah, mida jidhka la geliyo ee ku milanta ('suppository') ama midda kareemka ah) waxay ka caawisaa in cinjirku si wanaagsan u shaqeeyo. Cinjirku wuu dillaaci karaa. Khatarta ah in cinjirku dillaaco waa la yarayn karaa haddii lamaanuhu ay isticmaalaan jilcisada ka samaysan biyaha sida K-Y. Waa in aan cinjirka ninka iyo kan haweenka isku mar la wada isticmaalin.

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

Haddii ay 100 haween ah isticmaalaan habkan, inta u dhaxaysa 5 illaa 21 ayaa uur qaada sanadkii. Kondoomka haweenka waxaa laga yaabaa in isticmaalkiisu adkaado haddii haweeneyda la quday.

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

Uma baahnid inaad dhakhtar kala tashato isticmaalka cinjirka. Inta badan waxaad cinjirka haweenka ka iibsan kartaa rugta caafimaadka am dukaanka farmashiyaha, dukaanka daawooyinka ama dukaamada caadiga ah.

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

Haa.

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

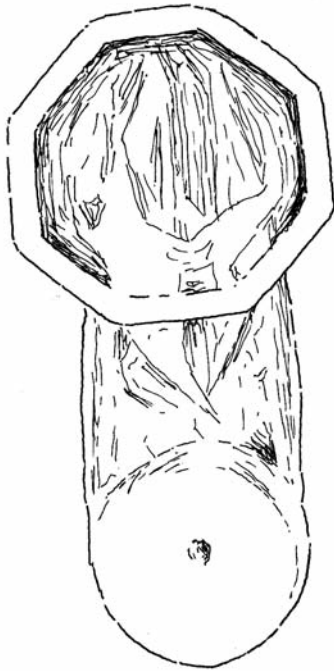
Maya.

### **6. Ma la isticmaali karaa habkan muddada naasnuujinta?**

Haa.

# Female Condom (Femidom)

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## *What is it?*

A thin, soft polyurethane or nitrile covering that fits inside a woman's vagina and stops the sperm from entering the vagina and the cervix. This prevents pregnancy.

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

Yes. Condoms have been used for many years. The female condom can be inserted up to 8 hours before sexual intercourse. A new condom must be used every time, from start to finish. Using a spermicide (like foam, suppository or cream) with the condom makes it more effective. Condoms can break. The risk of breaking can be reduced if the couple use a water-based lubricant such as K-Y jelly. Female and male condoms should not be used at the same time.

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

If 100 women use this method, between 5 and 21 will become pregnant in one year. The female condom may be difficult to use if a woman has been circumcised.

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

You do not need to see a doctor or a nurse for condoms. You can usually get female condoms in a clinic or buy them in a pharmacy, drug store or convenience store.

### **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.