Hababka Ogaanshaha Xilliga Taranka

Maxay tahay?

Ninka iyo haweeneydu waxay tirsadaan maalmaha haweeneydu ay uur yeelan karto. Ma aha in ay galmoodaan maalmahaas, ama waa inay ka hortag sameeyaan (sida kondoomka) marka ay isu galmoonayaan maalmaha ay ugu dhowdahay in haweeneydu ay uur qaado. Tusaale hababkan kamid ah ayaa ah: Habka Laba Maalmood laha, iyo Habka Ugxan Ridka, iyo Habka Maalmo Tirsiga (fiiri bogga xiga). Kala hadal dhakhtarkaaga habka adiga kuugu haboon. Halka Laba Maalmood laha iyo Habka Ugxan Ridka.

Fertility Awareness Methods

What is it?

A man and a woman keep track of the days when the woman could become pregnant. They do not have sex or they use protection (such as a condom) during sex on the days that pregnancy would most likely occur. Examples of methods using fertility awareness include: Two-Day Method, Ovulation Method, and and Standard Days Method (see next page). Talk with your doctor about which method is the best one for you.

Habka Maalmo Tirsiga

Maxay tahay?

Ninka iyo haweeneydu waxay tirsadaan maalmaha haweeneydu ay uur yeelan karto. Ma aha in ay galmoodaan maalmahaas, ama waa inay ka hortag sameeyaan (sida kondoomka) marka ay isu galmoonayaan maalmaha ay ugu dhowdahay in haweeneydu ay uur qaada.

1. **Habkani ma yahay mid aan waxyeelo keenayn?**
   Haa. Habka maalmo tirsiga haweeneydu waxay isticmaashaa kuulo isku xidhan si ay u xisaabiso meertada caadadeeda. Waxay ka caawin kartaa in lamaanuhu ay wax badan ka ogaadaan marka haweeeneyda uu dhiiga caadadu ku dhici karo.

2. **Habkani ma u shaqeeyaa si wanaagsan?**
   Haddii 100 lammaane habkan maalmo tirsiga ay si sax ah u isticmaalaan, waxaa uur yeelan kara inta u dhaxaysa 5 ilaa 12 ka mid ah sannadkii. Habkani wuxuu sida ugu wanaagsan ugu shaqeeyaa haweenka uu dhiiga caadadu si joogto ah ugu dhaco (inta u dhaxaysa 26 iyo 32 cisho). Shaqaynta habkani hoos ayey u dhacdaa haweenka meertadooda dhiiga caadadu ay dheertahay iyo kuwa ay gaabantahay.

3. **Sidee baan ku heli karaa habkan?**
   Haweeneyda ama lammaanuhu waa inay la hadlaan dhakhtarka, kal-kaalisada, ama shaqaalaha caafimaadka bulshada ee fahamsan habkan. Waxaa loo baahan yahay inaad ku noqoto dhakhtarka marlabaad, ka dib marka aad isticmaasho habkan ilaa hal bil ama labo billood kadib, si aad u weydiiso wixii su'aalo ah ee aad qabto.

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 waqtiga naas-nuujinta.**
   Haa, laakin keli ah marka ay haweeneyda dhiigeeda caadadu uu ku soo laabto joogtadiisa caadiga ahayd kadib.

Standard Days Method

What is it?

A man and a woman keep track of the days when the woman could become pregnant. They do not have sex or they use protection (such as a condom) during sex on the days that pregnancy would most likely occur.

1. **Is this method safe?**
   Yes. With the Standard Days Method, a woman uses a string of beads to keep track of her menstrual cycle. It can help a couple to learn more about when a woman may get pregnant.

2. **Does this method work well?**
   If 100 couples use the Standard Days Method perfectly, between 5 and 12 women will get pregnant in a year. This method is most effective for women whose periods come regularly (between 26 and 32 days). The effectiveness decreases in women with longer or shorter cycles.

3. **How can I get it?**
   The woman or the couple must talk with a doctor, nurse or community health worker who understands this method. It may be helpful to have a second visit after using the Standard Days Method for a month or two to discuss any questions.

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, but only after a woman's periods have returned to being regular every month.