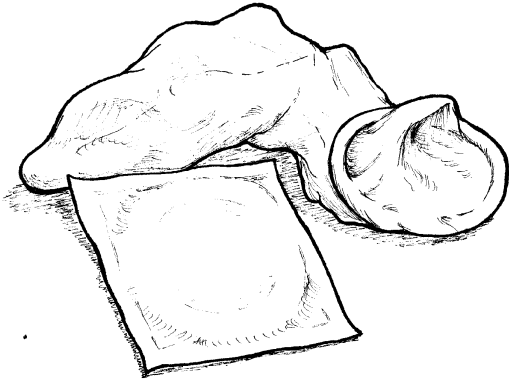


# Caag (Condom)

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## *Maxay tahay?*

Waa caag yar, jilicsan, oo daboola xubinta taranka ragga kana dhawra in biyuhu u gudbaan xubinta taranka ee haweenka. Wuxuuna xakameeyaa uur qaadidda.

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

Haa. Caagan waxaa la isticmaali jirey sanado badan.

Qaar ka mid ah ragga ama haweenka ayaa ku xajiimooda, caaga ka samaysan latex-ka, laakiin waxaa jiro, noocyo aan latex ahayn.

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

Haddii 100 nin isticmaalaan caagan, 3 ilaa 13 ka mid ah haweenka ay isla galmoodaan ayaa uur qaada sannadkii.

Waa in la isticmaalaa kondoom cusub markasta, bilow ilaa dhammaad. Kondoomku aad ayuu u tayo badan yahay marka lala isticmaalo mini-dilaha (sida midda abburka ah, mida jidhka la geliyo ee ku milanta — “suppository” — ama midda kareemka ah) .

Kondoomyadu way dilaaci karaan. Khatarta dilaaca waa la yareyn karaa haddii labada qof ay isticmaalaan dhayeyaasha biyaha ka samaysan, sida K-Y jeeliga.

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

Uma baahnid inaad u aragtid dhakhtar ama kaalkaaliso kondoomka. Sida caadiga ah kondoomka waxaad ka heli kartaa rugta caafimaadka, farmashiyaha ayaad ka soo iibsan kartaa, ama dukaamada kuugu dhow.

### **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?**

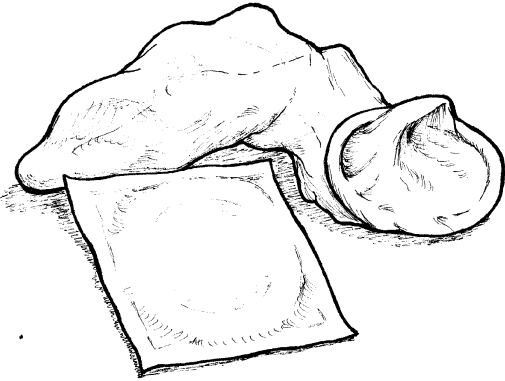
Haa. Kondoomka Latex waxa uu kaa difaaci cudurada galmada lagu qaado iyo jeermiskooda.

### **6. Ma la isticmaali karaa habkan waqtiga naas-nuujinta?**

Haa.

# Condom

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## *What is it?*

A thin, soft rubber covering that fits over a man's erect penis and stops the sperm from entering the woman's vagina. This prevents pregnancy.

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

Yes. Condoms have been used for many years. Some women or men are allergic to latex (rubber), but there are non-latex options.

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

If 100 men use condoms, between 3 and 13 of their female partners will become pregnant in one year. 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.

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

You do not need to see a doctor or nurse for condoms. You can usually get 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?**

Yes. Latex condoms will help protect against sexually transmitted infections.

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

Yes.