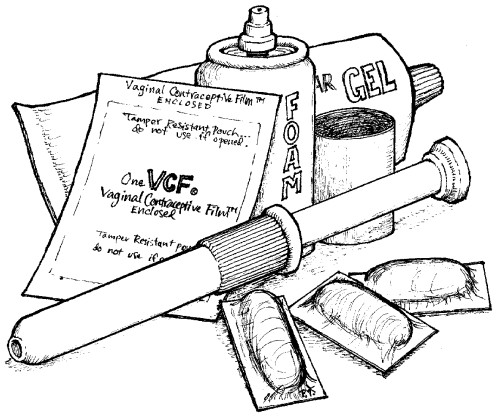
Mini-dile



Maxay tahay?

Waa abbur, kiniini, bac ama xabag wadata kiimikooyinka dila minida ragga, xakameeyana uurka. Haweeneydu waxay gashataa farjigeeda mini-dile ka hor inta aysan ninka la galmoonin.

1. **Habkani ma yahay mid aan waxyeelo keenayn?**
   Haa. Laakiin mini-diluhu wuxuu haweeneyda ku abbuuri karaa raaxo daro haddii ay gudan tahay. Waxaa laga yaabaa in ay xanuujiso farjiga haweeneyda iyo unuga taranka ee ragga, khaasatan haddii ay isticmaalaan in-badan (sida inka badan hal mar maalintii).

2. **Habkani ma u shaqeeyaa si wanaagsan?**
   Haddii 100 kii haween ahi isticmaalaan mini-dilaha, inta u dhaxeysa 10 ilaa 28 ayaa uur qaada sannadkii. Mini-diluhu wuxuu si fiican u shaqeeyaa haddii ninku la isticmaalo kondoom. Markaas 100 kii haween ah 1 ayaa uur qaada sanadkii. Mini-dilaha waa in la isticmaalo markasta labada qof ay galmoonayaan.

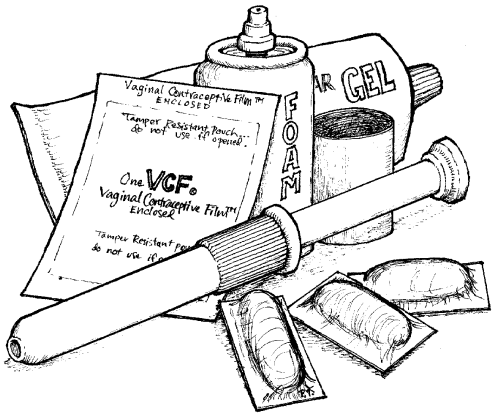
3. **Sidee baan ku heli karaa habkan?**
   Waxaad ka soo gadan kartaa farmashiyaha. Uma baahnid warqad dhakhtar si aad u gadato.

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 muddada naas-nuujinta?**
   Haa.

Spermicides



What is it?

Foam, tablets, film, or gel that have chemicals in them to kill sperm and prevent pregnancy. A woman puts a spermicide into her vagina before having sex.

1. **Is this method safe?**
   Yes, but spermicides may feel uncomfortable if a woman is circumcised. It may irritate the vagina or the penis, especially if it is used frequently (such as more than once a day).

2. **Does this method work well?**
   If 100 women use a spermicide, between 10 and 28 of them will get pregnant in one year. Spermicides work much better if the man uses a condom at the same time. Then, only 1 woman out of 100 will get pregnant in one year. Spermicide should be used every time the couple has sex.

3. **How can I get this method?**
   You can buy spermicides at a pharmacy. You do not need 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.