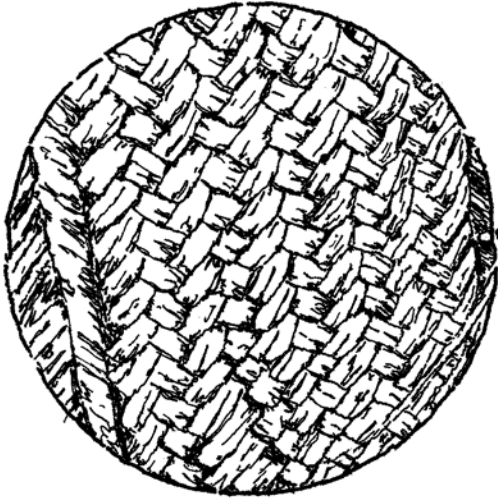


La-Bixid



Maxay tahay?

Muddada galmada, waa inuu ninku kala-baxo xubintiisa galmo mida lammaanihiisa, si uu ugu biyo-baxo dibada jirka haweeneyda, oo kana fogeeyo minadiisa dusha-kore ee farjigeeda.

1. Habkani ma yahay mid aan waxyeelo keenayn?

Haa. Dhammaan nimanku wey isticmaali karaan la-bixidda.

2. Habkani ma u shaqeeyaa si wanaagsan?

La-bixiddu waa habka ugu wax-tar yar ee hababka ilmo in-udhaxaysiinta. Hase-yeeshee, habkani wuxuu leeyahay uur joojin wanaagsan oo waana dhaamaa hab la'aan. Haddii 100 lammaane isticmaalaan la-bixidda, 14 ilaa 27 haweeney ayaa uur qaadi kara halkii sano. La-bixiddu sida ugu wanaagsan waxay u shaqeysaa marka uu ninku si joogto ah u dareemo waqtiga biyo-bixidda, iyo hadduu ku biyo-bixiyo meel ka fog dusha-kore ee farjiga ee haweeneyda. Haddii uu ninku biyo-bixiyo ka hor la-bixidda, haweeneydu waxay ka fakari kartaa in ay isticmaasho habka ka hor-taga uur qaadidda ee deg deg ah, haddii aaney rabin in ay uur qaaddo waqtigan.

3. Sidee baan ku heli karaa habkan?

Habkan uma baahna qalabyo iyo booqasho bukaan socod-eegto ama farmashiye.

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

Haa.

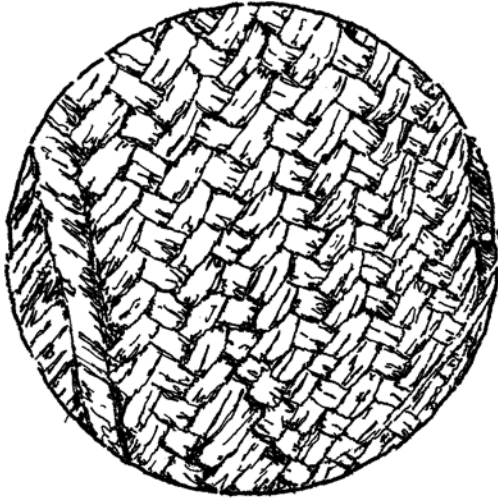
5. Habkani ma iga caawin karaa iska ilaalinta ku dhicidda cudurada galmada iyo jeermiskooda?

Maya.

6. Ma la isticmaali karaa muddada naas-nuujinta?

Haa.

Withdrawal



What is it?

During sexual intercourse, a man withdraws his penis from his partner's vagina and ejaculates outside the woman's body, keeping his semen away from her external genitalia.

1. Is this method safe?

Yes. All men can use withdrawal.

2. Does this method work well?

Withdrawal is one of the least effective child spacing methods. However, it offers better pregnancy protection than no method at all. If 100 couples use withdrawal, between 14 and 27 women will become pregnant in one year. Withdrawal works best when a man can consistently sense when ejaculation is about to occur, and if he ejaculates away from the woman's external genitalia. If a man ejaculates before withdrawing, the woman may want to consider using emergency contraception if she does not wish to become pregnant at that time.

3. How do I get this method?

This method requires no supplies and no clinic or pharmacy visit.

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

Yes.

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

No.

6. Can it be used during breastfeeding?

Yes.