

Awistrâliya bâdibe Almawladle yitkhatarbozâlach ugâch

Almawladle yitkhatarbozâlach ugâch karsibe Almôgnale girgâra yashakhohol. Zitlaya ugâch zitliyaya hayatkho waqtibe yamich yikhunâl.

Gudor waqtile yitniwawaxizal almawladle yitnâfabozal ugâch(LARC)

LARC Almawladle yitkhatarbozâlâch ugâ ziwaqtiya halinta, baliya zalalba amatachla yenefizâl ugânta. yi uga koot ayna hala:

- **Waldi almawladle yitkhâtarbozâl** Xiqasho zite lastic kilkilât goga tahaybe yisb yim lastic wa nahâs, Ishetbe hormon projestronw yigafrahal, dilagazo aqoh yisamatbâzâl ataybe warhibe aqoh zaytigafarkut yashahal. Ela shiishti amatle yidalgal moca atksheshagir hakim aminta narsi yacohol.
- **almawladle yitkhatarbozâl mahawa (IUD)** Tiqashoma almawladle yitkhatarbozâl mahawa waldigarzebe yisbohol.koot ayna (IUD) hala. Nahas IUD hamistbe ila asir amatle yidalgal. The hormone-releasing IUD hamisti amatle yidalgal. Aboch waldi miyzo aqohbah zaytirakutm waldi zaykhunkut yitkhataral wa waldigar gidarzow yanawxahal yi aqoh waldi makhnav yaqanahal. IUD mahawaw hakim aminta narsi lihimbe yacohol.

mabeyna dilâgâchso yitkhâtarbozâl ugâch

mabeyna dilâgâchso yitkhatarbozâlâch ugâ ziwaqtiya halinta, baliya zalalba satachle awinta wahrile. yi uga koot ayna hala:

- **mawladuw yitkhatarbozâl marfi** (also known as Depo) (baytibe yitawaqal) hormone zalba marfinta. Aqohuw kim waldin zaytinawaxkut yaqanahal. Aman murti madejale qixe 12 ilâwa 14 sati marfi yatkhishal..
- **idoch waldi fozye makhtar** hormone zalba marfinta. Aqohuw kim waldin zaytinawaxkut yaqanahal kulu ussulem Ahad qiyasinta. Shiishti satile idoch waldi fozyebe yinabral uzu beherle yacomâ hajis makhtar ahad sati beher yisbohol.

hacir dilâgâchso yitkhâtarbozâl ugâch

hacir dilâgâchso yitkhatarbozâlâch ugâ ziwaqtiya halinta, baliya zalalba, yomiyâ matnasa` halba. yi koot ayna hala:

- **The combined contraceptive pill**, lazim qixe sâm ayambe matnasa` halbâ, sintatic yimaslizal koot ayna hormonach halba. Aqohuw yaqanahal azokutsow waldigar katanbaribe zal miyw yawadlhal, aboch waldi miyuw zaybokut yaqanahal.
- **Xiqasho kinin** sintatic yimaslizal ahad ayna hormonach halba. Waldigar katanbaribe zal miyw razin yashama, aboch waldi miyzo waldigar zaybookut yitkhataral. Qixe ayamum waqtibe matnasa` halba.

Mawladuw yitkhatarbozâl ugâch

Mawladuw yitkhatarbozâl ugâ **Aboch miy waldigar zaybôkut yitkhatarâl. aynachzo:**

- [Aboch kondom](#)
- [Idoch kondom](#)

- diaphragms.

kondom Aboch wa idoch matrâbe huluf yilzal natuw (infections) yitkhatarâl.

Dingatagna waqti Almawladle yitkhâtarbozâl

Dingatagna waqti Almawladle yitkhâtarbozâl **ugâ ahad shim zaltinafaobe aboch wa idoch zitraosâ karsibe zatushkut yitnafabozal.**

- **nahas (IUD)** Dingatagna waqti Almawladle yitkhâtarbozâl aboch wa idoch zalti qerahube zitrausaa 5 ayam mabeynabe esabogir mortizo aman yikhunal. Faydazo 5 amatbe ilâwa 10 amatinta.
- **Dingatagna waqti Almawladle yitkhâtarbozâl kinin** Abocha wa idoch ahad shim zaltinâfaube zitrausaa faxanbe mansaa amâninta. Walakin mortizo karsibe almoshale 100% altam. Faxanbe mansaazo amânintâ walakin istiraoberlem 3 aminta 5 ayam mabeynabe yitfarakâl.

Dawa bilây karsibe almognale ugâchzo

Waldi almawladle Khulqi ugâchbe faxambe mochawa wa idoch waldi wahri zâxzew ayâmuw moqa ugâch yidablal. Kootziyum (aboch wa idoch) yaqinzow moqama kihlibe shiizow mogna yetkhishbayahul.

Natijazo Fizbe unusma waldi almawladle amânbe zaydilag ugâchinta.

- Idoch **dawa bilây almawladle ugâw** matnafa` yakhashzâlâch wahri aqah ayâmziyuw amanbe moqa halbayu uzo waqtibe aboch bah almatrâ` aminta karsibe almognale yitnafouzal ugâchuw matnafa` halbayu. (yi wahri mabeynabe 16 ayam halayu).
- **'Withdrawal' 'Faxanbe moca'** Aboch waldi miyuw imaydej faxanbe idoch foyzebe mocama makoa` halba, yakhnimam karsibe mognale firakotzo hal.

Zelâlamle karsibe almogna ugâch

Starâlazeshin kimeqadle waldi almawladle yitkhâtarbozâl ugama amanzita almawladle yitkhâtarbozâl hakimâchbe obarâsiyoun makhna zalbânta.

- **Idoch waldi firi barrizew mategad:** yi ugâm hakim gârbe marfi wa xiqasho maqdadbe yukhunâl. Makhtar idoch waldi aqoh barribe mesabbe aboch miy wâ idoch aqoh zeytiraukut yitkhâterâl.
- **Aboch waldi starâlazeshin (vasectomy).** yi ugâm hakim gârbe marfi wa xiqasho maqdadbe yukhunâl aboch waldi miyzo yilixbazal ugâw maqoca.

Aydabe girgara tagagnâkhu

- 1800 my options Tel. 1800 696 784 torjumânle 131450
- Hakim gârbe
- baqeggnâ afet Qam <http://refugeehealthnetwork.org.au/refer/refugee-health-nurse-program/>
- farmasibe
- afet Qam khidma atay: <https://www2.health.vic.gov.au/primary-and-community-health/community-health/community-health-directory>
- Family Planning Victoria Tel. 1800 013 952 or (03) 9257 0100

Ziyad maalomâchle afet qâm kifugn yaqanakhuzal

Yiw yimasli hibriyach:

- Almawladle yitkhâtarbozâlâch ugâch – Gudor waqtile yitniwawaxizal almawladle yitnâfabozâl ugâch (LARC)
- Almawladle yitkhâtarbozâlâch ugâch – mabeyna dilâgâchso wâ hacir waqtibe yitkhâtarbozâl ugâch
- Almawladle yitkhâtarbozâlâch ugâch – Mawladuw yitkhâtarbozâl ugâch
- Almawladle yitkhâtarbozâlâch ugâch – Dingatagnale waqtile Almawladle yitkhâtarbozâl ugâch

Victoria mangistibe zitkebalewma zitkatana, 1 hisab yardubozal gar, Melbourne. © State of Victoria, Afet qam wa ussu waldi haqle ziqanana, January 2019.

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