

# Waldi Almawladle yitnafabozal ugâch

## Mawladuw yitkhatarbozal ugâch

kulu sâ aboch wa idoch zitrasâ yiw ugâw matnafale qaxab mogna yinabribemel

| Ugâchzo                 | Abochle condom   | Idochle condom   | Diyafirem(Diaphragm) (Caya™)   |
|-------------------------|--|--|--|
| <p><b>natijazo*</b></p> | <ul style="list-style-type: none"> <li>Aman ugabe matnafa: 98%</li> <li>Zitlamada ugabe matnafa: 93%</li> </ul>  | <ul style="list-style-type: none"> <li>Aman ugabe matnafa:95%</li> <li>Zitlamada ugabe matnafa: 79%</li> </ul>   | <ul style="list-style-type: none"> <li>Aman ugabe matnafa: 86%</li> <li>Zitlamada ugabe matnafa: 82%</li> </ul>  |
| <p><b>mininta?</b></p>  | <ul style="list-style-type: none"> <li>Ziq lastic(or polyurethane) aboch waldi mahawazo yikhdnizal yachazal miy idoch waldi foyze zaybokut yitkhataral.</li> </ul> | <ul style="list-style-type: none"> <li>Idoch waldi foyzebe yitgebalzal boor lihim zita poliyuritin (polyurethane)</li> <li>Koot garabzolem yitemarizal makhtar ayna hala (ussxu xarafzo qofulinta).</li> <li>Aboch miy waldigar zaybôkut yitkhataral.</li> <li>Yitrakhabazalum gar hawaz xab yashbozal atay Victoria [<a href="https://www.fpv.org.au/">https://www.fpv.org.au/</a>] (postabe memar) azokutsow ishad dukanach wa afet qam</li> </ul> | <ul style="list-style-type: none"> <li>Idoch waldi foyzebe yixâbaqizâl lihim bornat zala(silicone), ahad qiyas kuluzolem</li> <li>Idoch waldi waldigar katanbariw yaquflahal aboch zax miy zaybokutle</li> <li>(Online) be mawkhab yitfarakal, ishad garhawaz hakimgarach wa farmasibe.</li> </ul> |

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|--|---|--|---|
|  |   | kiliniwach.  |   |
| <b>Aytaqesi waqtilenta yitnafaual?</b> | <ul style="list-style-type: none"> <li>• Kulumasâm aboch wa idoch matrâziyu beqadle makhna halba.</li> <li>• Ahadgirle yitnafaôzal.</li> </ul>  | <ul style="list-style-type: none"> <li>• Kulusaam aboch wa idoch matrâziyu beqadle urdo.</li> <li>• Ahdgirle matnafa.</li> </ul>   | <ul style="list-style-type: none"> <li>• Aboch wa idoch matraa beqadle mêsabma isterau beherle sidisti saale mahdag. .</li> </ul>   |
| <b>Faaydachzo</b>                      | <ul style="list-style-type: none"> <li>• Aboch wa idoch matrâbe huluf yilzal natuw(infacion) amanbe yitkhataral.</li> </ul>   | <ul style="list-style-type: none"> <li>• Aboch wa idoch matrâziyu beqad .</li> <li>• Aboch waldi yitnafaazal lastic (condombe)huluf ziqinta.</li> <li>• Idoch wa aboch matraabe Yitgabazal natuyachbe(infection) yitkhataral.</li> </ul> | <ul style="list-style-type: none"> <li>• Hajisbe margagabma matnafale yitfarakal.</li> <li>• Koot amat beherle matnawax halba.</li> </ul>   |
| <b>Alay sababach</b>                   | <ul style="list-style-type: none"> <li>• Taqerahuma uchu.</li> <li>• Lihimbe yitrakhabizal: <ul style="list-style-type: none"> <li>– dawa dukanachbe(farmashiyabe)</li> <li>– gidir dukanachbe(suparmarketbe)</li> <li>– aboch wa idochach afet qam kilinik</li> <li>– mahawa yisnbayuzal mashinach(isahad ayayachbe).</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Aman ugabe matnafale bajih gir magebat yatkhishal.</li> <li>• Môcasaa amanbe matqerah.</li> <li>• Idochachzax xiqsho qalinta azokutsow bizhabeme yitrakhabumel.</li> </ul>                      | <ul style="list-style-type: none"> <li>• Ahad qeyas diafram(diaphragm) bajih idochachle qiyasint.</li> <li>• Diaframzo(diaphragm) amanbe matgebalzow Hakim aminta nursibah matraama matheja.</li> </ul> |

\* zitmalaha ugâbe = aman ugâbe tanafaôgir natijazo amaninta.

\* zitlamada ugâbe = aman ugâbe altinafaugir

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

Yitrakhabazalum <<http://healthtranslations.vic.gov.au/>>