

# HababkaKa hortaga uur-qaadida

## Caqabadaha Hababka ka hortagga uur-qaadida

Waa inaad xasuusataa inaad isticmaasho HababkaKa mar kasta oo aad galmood samayso.

HababkaKa	Kondhomka ragga	Kondhomka dumarka	Diaphragm (Caya™)
<p><b>Waxtarka*</b></p>	<ul style="list-style-type: none"> <li>• Si fiican u isticmaal: 98%</li> <li>• Iska isticmaal: 82%</li> </ul>	<ul style="list-style-type: none"> <li>• Si fiican u isticmaal: 95%</li> <li>• Iska isticmaal: 79%</li> </ul>	<ul style="list-style-type: none"> <li>• Si fiican u isticmaal: 86%</li> <li>• Iska isticmaal: 82%</li> </ul>
<p><b>Muxuu yahay?</b></p>	<ul style="list-style-type: none"> <li>• Caag (ama polyurethane) dabool la gelinayo gus kacsan kaas oo joojinaya in shahwadu u soo gudubto siilka.</li> </ul>	<ul style="list-style-type: none"> <li>• Wax-qaade ka samaysan Polyurethane kaas oo siilka lagu fadhiisiyo.</li> <li>• Wuxuu ku leeyahay fargashi dhinac kasta (kan gudaha ahi waa xiran yahay).</li> <li>• Wuxuu joojiyaa shahwadu inay gasho ilmagaaleenka.</li> <li>• Waxaa laga hellaa Family Planning Victoria [<a href="https://www.fpv.org.au/">https://www.fpv.org.au/</a>] (dalabka boosta iyo qaar ka tirsan xarumaha caafimaadka</li> </ul>	<ul style="list-style-type: none"> <li>• Dabool silicone ka samaysan oo qof walba deeqa, aan dheerayn oo jilicsan oo le'eg siilka.</li> <li>• Wuxuu daboolka ilmagaaleenka, wuxuuna joojiyaa in shahwadu soo gudubto.</li> <li>• Waxaa laga gadan karaa online-ka, goobaha qorshaynta qoyska qaarkood iyo farmashiyayaasha.</li> </ul>

		galmoodka.	
<b>Immisa jeer ayaa la isticmaalayaa?</b>	<ul style="list-style-type: none"> <li>Gasho waqti walba ka hor intaan la isu tegin ama ka hor kulanka kasta oo dhexmara guska iyo siilka. Hal mar keliya isticmaal.</li> </ul>	<ul style="list-style-type: none"> <li>Gasho mar kasta oo galmood dhacayo ama ka hor inta aanay kulmin guska iyo siilku.</li> <li>Hal mar keliya isticmaal.</li> </ul>	<ul style="list-style-type: none"> <li>Waa in la geliyaa galmoodka ka hor loona daayaa ilaa lix saacadood.</li> </ul>
<b>Faaiidooyinka</b>	<ul style="list-style-type: none"> <li>Wuxuu bixiyaa xafidaada ugu fiican oo lidka ku ah infakshanka lagu gudbiyo cudurada la isu gudbin karo.</li> </ul>	<ul style="list-style-type: none"> <li>Waa la gelin karaa dhowr saacadood ka hor galmoodka.</li> <li>Waa ka adag yahay kondhomka latex-ka ah ee ragga.</li> <li>Wuxuu ka hortagaa cudurada la isugu gudbin karo galmoodka</li> </ul>	<ul style="list-style-type: none"> <li>Dib ayaa loo isticmaali karaa.</li> <li>Waa in la bedelaa laba sanadood ka dib.</li> </ul>
<b>Wixii kale oo la qadarinayo</b>	<ul style="list-style-type: none"> <li>Dhamaadka isaga saar si sahal ah.</li> <li>Waxaa si sahala looga hellaa: <ul style="list-style-type: none"> <li>Farmashiyayaasha</li> <li>Dukaamada waaweyn</li> <li>Xarumaha caafimaadka galmoodka</li> <li>Mishiinada wax lagala baxo (goobaha qaarkood).</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Waxaa laga yaabaa inaad samayso tababar si aad si fiican ugu isticmaasho.</li> <li>Ka dib si taxadar leh uga saar.</li> <li>Xoogaa waa qaali sidaasna looma hello marka loo fiiriyo kondhomka ragga.</li> </ul>	<ul style="list-style-type: none"> <li>Diyaafraamka halka cabir badanaa uu le'eg yahay dumarka badankood.</li> <li>Arag dhakhtar ama kalkaaliso caafimaad si aad u hubiso in diyaafraamku le'eg yahay.</li> </ul>

\* isticmaal sax ah = marka loo isticmaalo sida loogu talagalay

\* Iska isticmaal = markaan loo isticmaalin si sax ah.

Waxaa ansixiyey oo daabacday, Xukuumada Fiktooriya, 1 Treasury Place, Melbourne. © Dawlad Goboleedka Fiktooriya, Wasaarada Caafimaadka iyo Adeegyada Aadamiga, Janaayo 2019. waxaa laga hellaa <<http://healthtranslations.vic.gov.au/>>