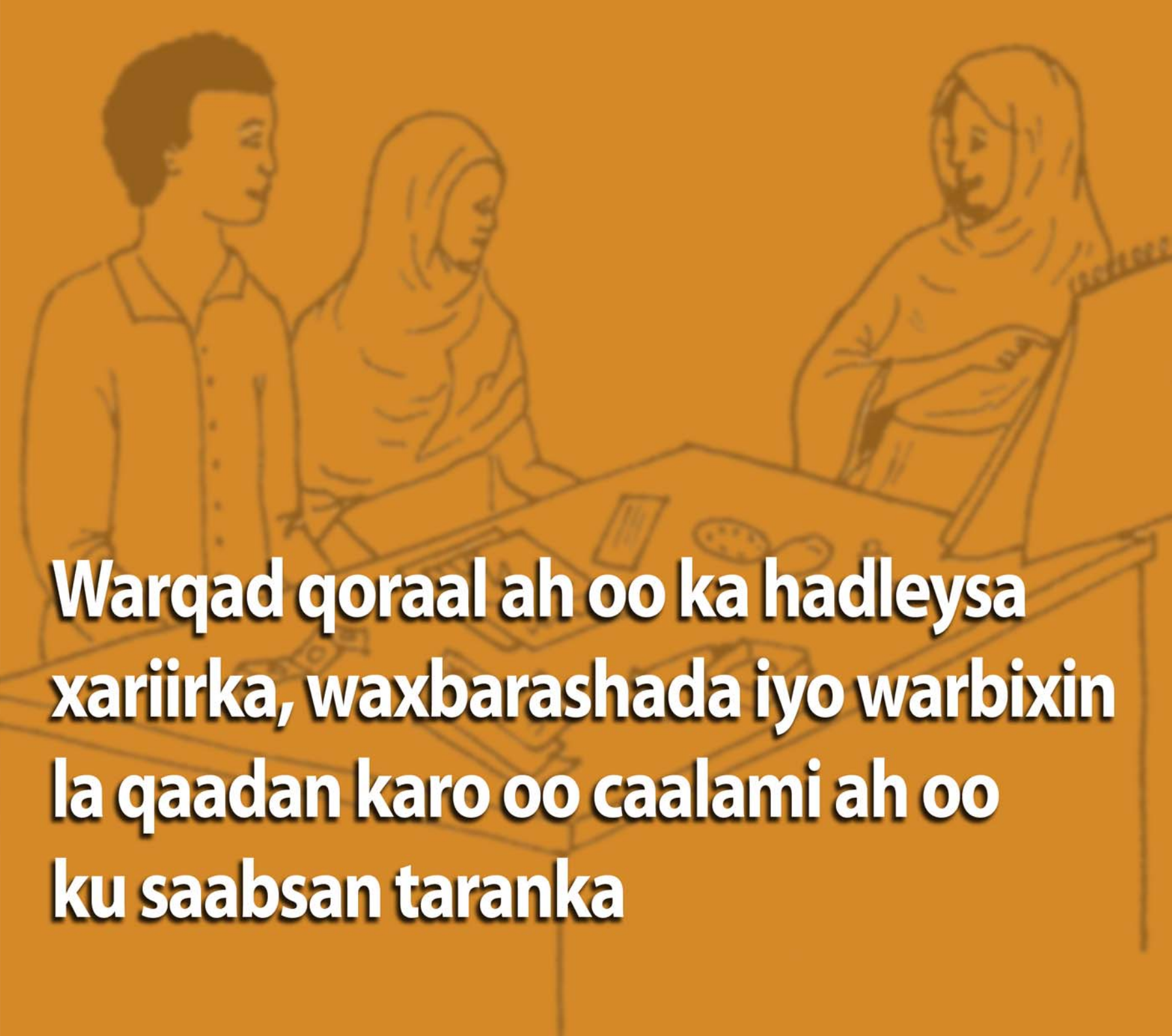


An illustration in a light orange tone showing three people at a table. On the left, a man in a collared shirt stands and looks towards the center. In the middle, a woman wearing a hijab sits at the table. On the right, another woman wearing a hijab sits, looking towards the center. The table has some papers and a small object on it. The background is a solid orange color.

**Warqad qoraal ah oo ka hadleysa
xariirka, waxbarashada iyo warbixin
la qaadan karo oo caalami ah oo
ku saabsan taranka**

Horudhaq

Qalabkan la adeegto waxaa ku jira walxaha macluumaadka, waxbarashada iyo farriimaha (IEC) ee tusaalaha ah kuna saabsan qaybaha doorashada ee Xirmada Adeegga Bilowga Ugu-yar (MISP) ee loogu talagalay caafimaadka taranka iyo qorshaynta qoyska. MISP-da waa koox faragelinyo mudnaan leh oo isku duwan kuwaas oo ah in la hirgaliyo bilowga hore ee xaalad kastoo cusub ee degdeg ah si loogu hortago ama loo maareeyo natiijooyinka ka dhalanaya xadgudubka galmo, yarreynta gudbinta fayruska HIV, iyo ka hortaga masiibooyinka iyo dhimashada ilmaha markaasi dhasha iyo hooyada ee xad-dhaafka ah. MISP waxay ku jirtay heer caalami ah taniyo 1997, iyo heerka Goobaabsan taniyo 2004.

Soobandhiga aasaasiga ah ee walxaha IEC waxay tixgelinaysaa sifooyinka la xiriira qaabka dhismaha bulshada kala duwan, heerarka aqoonta, iyo aqbalaadda dhaqanka ee caafimaadka taranka ka dhex jira xubnaha jaaliyadda ee gundhiga in-saaninimo. Si loogu gudbiyo fariimaha muhiimka ah sida ugu saameynta badan, muuqaalo sawiro ah iyo luuqad fudud ayaa la isticmaaley. Muuqaalada waa madow iyo caddaan si looga dhigo fudeyd, in si fudud loo daabaco, iyo si la isaga ilaaliyo isticmaalka midab la qoonsan karo ee suurooba.

Suugaanta IEC guud ahaan waxay taageertaa muuqaalada u astaysan dhaqan ahaan, oo ay ka mid yihiin habka-qurxinta timaha, dharka iyo sifooyinka wajiga. “Habyaalada guud” waxaa loo sameyay si aad ugu sawirtaan sifooyinka macnaha guud ka bixinaya muuqaalada gundhigaaga (sida timaha iyo dharka). “Habyaalada kala gedisan” waxay ku saleysan yihiin “habyaalada guud,” waxaana loo soo qaatey si ay u matalaan guud ahaan, balse sifooyin qowmiyadeed oo tijaabo ah. Dhammaan habyaalada waxay leeyihiin meel bannaad si aad u gelisid calaamadda wakaaladaada, xogta xiriirka iyo khariidad yar. Habyaaladan waa la sameeyay sidaas awgeed waxaad heli kartaa walxaha IEC oo diyaar ah si aad ula wadaagtid jaaliyadda marka adeegyada la aasaaso.

Noocyada kala duwan ee is dhax-galka waxaad ka heli kartaa <http://www.iawg.net/iec/>.

Qoraalkan waxaa mudnaantiisa leh: College of Nurse-Midwives, Hesperian Foundation, World Health Organization, Meghan Fitzgerald and Stacey Patino.



Shaxda A

Geli halkan calaamadda
wakaaladda iyo khariidada.



Wixii macluumaad ah
ee ku saabsan jaangoynta
dhalmada, latashiga, iyo
ka hortaga uur qaadida,
kala hadal shaqaalaha
caafimaadka.

Shaxda B

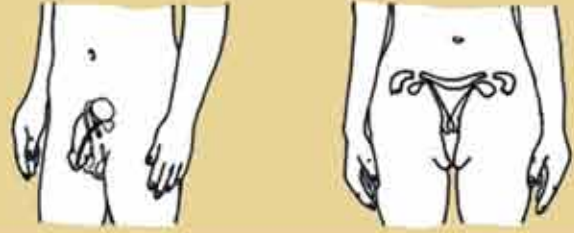
Geli halkan calaamadda
wakaaladda iyo khariidada.



Kala fogaynta
dhalitaanka
caruurta waxay
kuu ogolaanaysaa
caafimaad iyo
xaalad wanaagsan.

Shaxda C

Geli halkan calaamadda wakaaladda iyo khariidada.

NIDAAMKA JAANGOYNTA DHALMADA CARUURTA	KA HORTAGA UURKA	KA HORTAGA CUDURADA LA ISKAGA QAADO GALMADA
Qaababka la iskaga ilaaliyo Condomka Labka  Condomka Dhediga 	Fiican 	Fiican 
Qaababka Hormoonka Kaniini dhalmo celinta, duritaan  Abuurid 	Aad u Fiican  Ugu fiican 	Waxba 
LAM (Qaabka soodaynta caanaha naaska iyo dhiiga xaydka oo u istaaga si aan caadi ahayn) 	Fiican 	Waxba 
Kabiyid 	Qaar 	Qaar 
Qaabka Jadwalka 	Fiican 	Waxba 
IUD (Qalabka lageliyo gudaha ilma-galeenka) 	Ugu fiican 	Waxba 
Xiritaanka ilma-galeenka/Tuubad lagu xiro 	Ugu fiican 	Waxba 

Shaxda D

Sidee loo isticmaalaa condomka labka (Gudan)

					
Ka baar taariikhda dhicitaanka	Marwalba oo aad galmo samaynaysid adeegso condom cusub	Sudh condomka xubinta taranka oo taagan dhinaca kore ee duuban	Sifican u kala bixi condomka si uu ugu filnaado xubinka taranka	Marka aad dhamaysid, qabo qarka iyo korka sare ee condomka, kadibna kasoo bixi xubinka asaga oo weli adag	Tuur condomka la isticmaalay

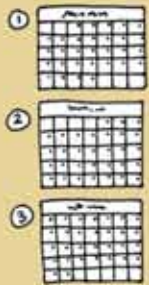
Geli halkan calaamadda wakaaladda iyo khariidada.

Shaxda D

Sidee loo isticmaalaa condomka labka (Aan gudnayn)

						
Ka baar taariikhda dhicitaanka	Marwalba oo aad galmo samaynaysid adeegso condom cusub	Ku duub buuryada dusheeda	Sudh condomka xubinta taranka oo taagan dhinaca kore ee duuban	Sifican u kala bixi condomka si uu ugu filnaado xubinka taranka	Marka aad dhamaysid, qabo qarka iyo korka sare ee condomka, kadibna kasoo bixi xubinka asaga oo weli adag	Tuur condomka la isticmaalay

Geli halkan calaamadda wakaaladda iyo khariidada.



Shaxda E

Geli halkan calaamadda wakaaladda iyo khariidada.

Ilmaha waa in uu ahaado mid ay da'adiisu kayartahay lix billood.



Cunuga yar waa in la naas-nuujiyaa marka uu ooyaba.

LAM (Qaabka soodaynta caanaha naaska iyo dhiiga xaydka oo u istaaga si aan caadi ahayn: Gaar u ah naas nuujinta)



Hooyada waa in aysan dhiiga xaydka u imaanin tan iyo markii ay dhashay.

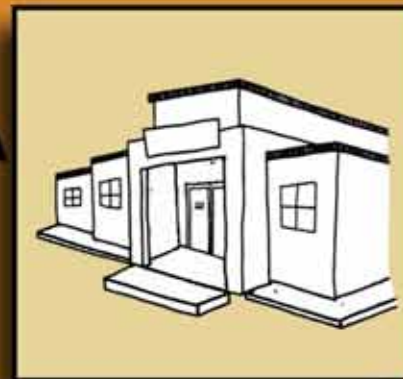
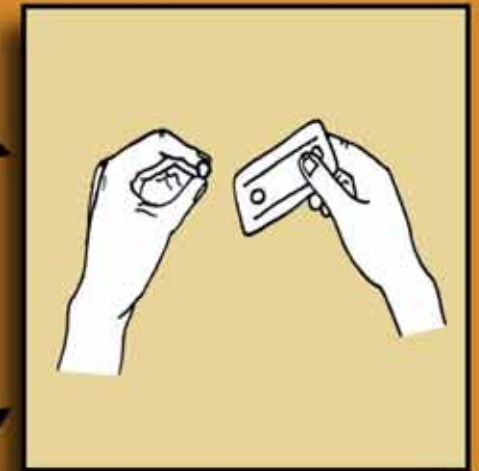


Caanaha naaska waa in ay ahaadaan waxa keliya ee ilmaha cunto u ah.

Maxaad samaynaysaa hadii aad u malayso in aad uur qaadayso kadib marka aad samaysay galmo aan kahortag lahayn?

Geli halkan calaamadda wakaaladda iyo khariidada.

Shaxda F



Si deg deg ah u aad shaqaalaha caafimaadka si aad u qaadato kaniiniga ilmo celinta shan maalmood gudahooda kadib marka aad samaysay galmada aan ka hortaga wadan. Haddii ay yihiin labbo kaniini, labaduba halmar wadda cab.



Shaxda G

Waxa la sameynayo kadib galmada xooga ah

Geli halkan calaamadda wakaaladda iyo khariidada.



Haddii lagugu qasbay in aad galmootid...

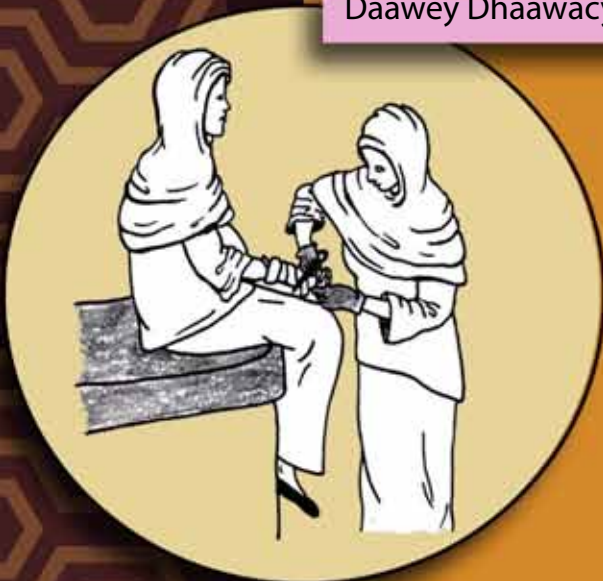


Aadidda xarun caafimaad sida ugu dhakhsiyaha badan waxay kugu caawin kartaa in aad heshid daryeel caafimaad, in aad ka hortagtid uur iyo jirro halis ah, iyo in aad heshid la talin. Adeegyada waa kuwo badbaadsan oo khaas ah.

Shaxda H

Xarunta caafimaadka

Daawey Dhaawacyada



Daaweyn lagaga hortagayo
uurka iyo jirro



La talin Taageero leh



- ❖ Si aad ugu hortagtid uurka, ka raadso walxaha uurga loogaga hortago oo degdeg ah (EC) bukaan-eegtada 5 maalmood gudahooda.
- ❖ Si aad ugu hortagtid caabuqyada galmada la isugu gudbiyo, waydiiso daawada disha jeermiska bukaan-eegtada
- ❖ Si aad uga hortagtid fayruska HIV, waydiiso daawada ka hortagta fayruska ee loo yaqaano post-exposure prophylaxis (PEP) 3 maalmood gudahooda.
- ❖ Si aad uga hortagtid teetanada, waydiiso daawa ka hortagta teetanada ee loo yaqaano tetanus toxoid 1 toddobaad gudihiisa.
- ❖ Si aad ugu hortagtid cagaarshowga, waydiiso tallaaf 2 toddobaad gudahooda.

Geli halkan calaamadda
wakaaladda iyo khariidada.

Shaxda I

U diyaargarowga Carruur-dhalid

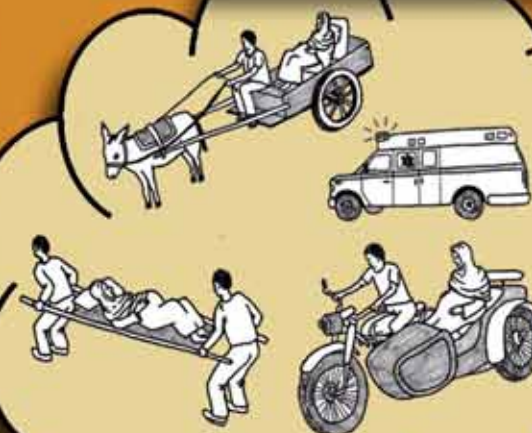
Soo qaado xirmo
qalabka dhalinta ah



Qorshay in aad isticmaashid kalkaaliye
dhalin oo xirfad leh iyo haddii suurtagl ay
tahay, in aad ku dhashid isbitaal



Qorshayso gaadiid degdeg ah



Kala hadal qoyskaaga in ay
qorsheeyaan xaalad
degdeg ah



Geli halkan calaamadda
wakaaladda iyo khariidada.

Calaamadaha Uureysiga Dhibka-badan

Haddii ay tani kugu dhacdo,
aad xarunta caafimaadka
isla markiiba

Shaxda J

Dhiigbax aad u daran



Madax xanuun
aad u daran



Qandho / Dhaxan



Gacmo, cago ama
waji bararan



Qallal



Xanuun uusleyda
hoose ah



Geli halkan calaamadda
wakaaladda iyo khariidada.

Calaamadaha Halista ah Inta Lagu Guda Jiro Carruur-dhalista

Haddii ay tani kugu dhacdo, aad xarunta caafimaadka isla markiiba

Shaxda K

Gacanta ama cagta oo madaxa ka soo horreeya



Foosha oo dheeraata



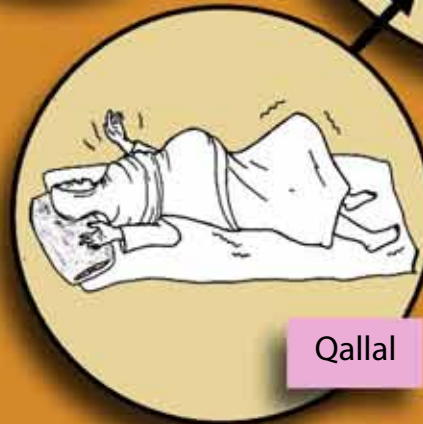
In ka badan hal cunug



Dhiigbax aad u daran



Qallal



Xarigga xudunta oo soo horumarta



Geli halkan calaamadda wakaaladda iyo khariidada.

Muuqaalo la isku baddeli karo

Gun-dhigyada qaarkood, nidaamka gaadiidka ama summada xarunta caafimaadka waxaa laga yaabaa in ay duwan yihiin. Fadlan u beddel muqaalada shaxyada F, G, H, I, J, K sida ku habboon.

Geli halkan calaamadda wakaaladda iyo khariidada.

