

## How to use a condom



Sida loo isticmaalo galka



1. Tear open the wrapper in the middle

- Bartamaha ka jeex oo Fur.



2. Unroll the condom just a little to find out in which direction to roll it on.

- In yar kala bixi ado eegaya dhankuu u furmayo



3. Your penis should be fully erect when you put the condom on.

Draw the foreskin back.

- Guskaagu waa inuu kacsan yahay markaad geshenayso galka. Buuryada waa inaad dib u celisaa Haday buuryo kugu taal.



4. Leave a little space at the top and squeeze the tip of the condom to expel the air.

- Meel yar ka reeb madaxa sare oo ku soo riix si aad uga ilaaliso inay hawo gasho galka.



5. Roll in on halfway. Be careful not to damage the condom with your fingernails.

- Kala bar gaarsii. Iska ilaali inaad ku dhaawacdo galka cidiyaha farahaaga.



6. Now pull the foreskin and the condom back over the glans a bit, to allow the foreskin to move freely.

- Dhaafsii hareerta buuryada oo dib ugu qabo buuryada si ay buuryadu u hesho meel ku haboon.



7. Roll the condom carefully down over the full length of your penis.

- Galka ku fur-fur dhammantii ilaa uu ka gaara salka iskana ilaali inay cididu kaa dilaaciso.



8. If necessary use extra lubricant. This is especially important when having anal intercourse.

- Isticmaal jilciso, Lubricant haddad u baahan tahay, khaasatan markii futada layska galayo.



9. If you want it safer- withdraw before ejaculation. When withdrawing, hold the condom to make sure it does not slip off.

- Haddad doonayso inaad badbaado , intaadan biyo bixin la soo bax guska.

Galka gadaal ka qabo si uusan kaaga siiban.

The condom is a thin and very flexible cylinder made of latex, some 19 centimetres long. The closed end is either rounded or with a reservoir, to hold the sperm. Condoms are mostly transparent or a pink colour. They may include a lubricant, with or without spermicide, or no lubricant at all (dry). Latex condoms keep for five years if they are packed air tight and kept in a fairly cool place (not in the sun, near a radiator, in one's wallet, or in the glove compartment of a car). Condoms should be put on at an early stage before there is any preseminal fluid because the fluid may contain sperm as well as infectious germs and viruses. Smooth sliding can be enhanced by a lubricant which must be water-based. Oil or alcohol-based lubricants must never be used as they may destroy the condom. Sometimes a spermicide is added to the lubricant. After sometime the latex may be affected by the spermicide, so that condoms containing it do not stay safe for quite so long. Some people may have allergic reactions to the spermicide. Condoms are not 100% safe, but if

used in the proper way, they are very reliable and form an adequate protection against both pregnancy and sexually transmitted diseases.

Gal

Waa dhululubo dhuuban oo isku laabmi kartaa, waxaana laga sameeya dhacaan geed ama geed Caanahiis. Meeshuu ku dhammaado waa guntantahay ama waxay leedahay meel biyo qabad leh, si ay u celiso shahwada. Galka ma laha midib oo aragu waa ka gudbo ama wuxuu leeyahay midib casaan barxan. Wuxuu yeelan karaa xayr iyo aashito shahwo ay warshadi sameeysey. Galka ka samaysan dhacaanka geedaha ( sida dhacaanka beeyada) waxaa la haysan kara shan sano haddii si wacan loo soo xirey oo laga ilaaliyey neefi inay gasho, waana in lagu hayo meel qabow (ma aha cadceeda ama meel u dhow kululeeyaha, sidoo kale lama gelin karo boorsada lacagta ee jeebka ama khaanadda baabuurka).

Goor hore waa inaad sii diyaarsataa galka si uusan goyaan kuu gaarin ama kaaga tegin. Wuxuu si fiican u siiban karaa haddii la mariyo Lubrikant la soo mariyey biyo dhexdood. Waayoo Lubrikantaha la soo marsiiyo saliidaha ama alkolada wuxuu haleeyaa galka sidaa awgeed waa

inaan marna la isticmaalin saliid iyo alkol. Mararka qaarkood Lubrikantaha waxaa lagu daraa aashito shahweed oo kiimika ah, sidaa awgeed ma khatar yara galka natiisu waayoo waxaa jira dad uu ka reeban yahay aashitadaas (alergiyo u ah).

Galku 100% kuma badbaadin karo laakiin haddii si wacan oo haboon loo isticmaalo waa laysku haleen karaa si aadan uur u yeelan ama aadan qaadin cudurada ku faafa galmada.

If you already know the information contained in this pack-why not pass it on to another person who might not?

Hadaad taqaan xogta qoraalkaan uu ka kooban yahay miyaysan habooneen inaad u gudbiso qof aan aqoon sida loo isticmaalo galka?

Contact to Somali Health Team to find more about all services available to you.

La xiriir kooxda caafimaadka soomaaliyeed haddaad doonayso in lagu caawino.

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or visit our website:

ama booqo shabaqada internetka: [www.sht.bz](http://www.sht.bz)



Somali Health Team helping you to be aware of how to use a condom?

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