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Support Childbirth Spacing

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ZAMA MAI HANKALI DA HANGEN NESA!

Tuntubi jami'an asibiti kan dabarun tazaran haihuwa. Yi zabin ka yau!

NIGERIAN URBAN REPRODUCTIVE HEALTH INITIATIVE
www.nurhitoolkit.org

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Female Condom. ©2000 Center for Communication Programs
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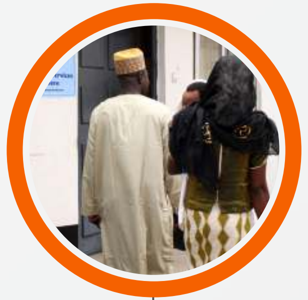
DABARUN TAZARAN HAIHUWA



A'SANI

Ya kyautu a' fahimci mahim-mancin tazaran haihuwa

A'TATTAUNA

Ku shawarci juna game da tazarar haihuwa

A'JE

Ku bada tazara tsakanin haihuwa

Hanyar tazaran haihuwa mafi kyau shine wanda yafi dacewa da ke

Kwayoyi na sha

- Ingantaccen hanyar tazara nagajeren lokaci da ake hadiya kullum
- Ya dace da kowace mace, komin shekarun ta, har da wace bata taba haihuwa ba
- Mata masu shayarwa, na iya amfani da kwayoyin

Allurai

- Ingantaciyar hanyar tazara na gajaren lokaci da ake dauka ko wane wata biyu ko uku
- Ya dace da kowace mace, komin shekarun ta, har da wace bata taba haihuwa ba
- Ya dace da mata masu shayarwa bayan sati shida da haihuwa

Ashanan Fata

- Ingantaciyar hanyar tazara mai tsawon lokaci, shekara uku zuwa biyar
- Ya dace da kowace mace, komin shekarun ta, har da wace bata taba haihuwa ba
- Ya dace da mata masu shayarwa

Robar Mahaifa

- Ingantacciyar hanyar tazara mai tsawon lokaci, shekara biyar zuwa goma
- Ana iya amfani dashi da zaran an haihu, kafin a bar asibiti zuwa gida
- Ya dace da mata masu shayarwa

Kwaroron robar maza

- Ingantaccen hanyan tazara mai gajeren lokaci da ake amfani dashi a daidai lokacin saduwa
- A bisa ka'idojin amfani dashi, yana:
  - Hana daukan ciki
  - Hana kamuwa da cututtukan da ake samu ta hanyar saduwa, har ma cuta mai karya garkuwan jiki, watau HIV/ AIDS ko sida

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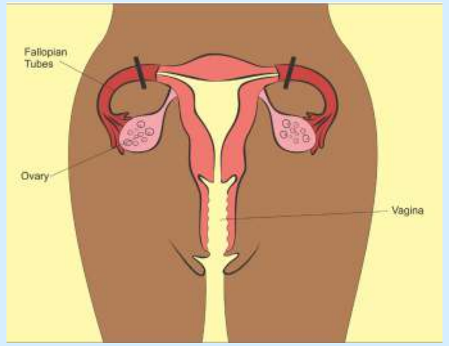
Courtesy of Photoshare

Kwaroron robar mata

- Ingantaccen hanyar tazara mai gajeren lokaci da ake amfani dashi a daidai lokacin saduwa
- A bisa ka'idojin amfani dashi, yana:
  - Hana daukan ciki
  - Hana kamuwa da cututtukan da ake samu ta hanyar saduwa, har ma cuta mai karya garkuwan jiki, watau HIV/ AIDS ko sida

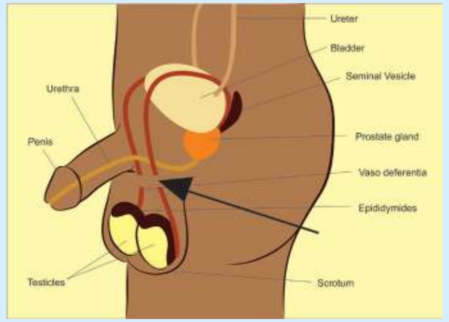
Shayarda jariri nonon uwa kadai

- Ingantaccen hanyar tazara bayan haihuwa muddin an bi ka'idojinsa, kamar haka;:
  - Bada ruwan nono kadai a kowane lokaci
  - Kasancewa jariri bai kai wata shida da haihuwa ba
  - Ba jinin al' ada a lokacin



Daure Mahaifa

- Ingataccen hanyar tazara na mata masu bukatan tsayar da, ko kuma daina haihuwa



Juyen Mazakuta

- Ingantaccen hanyar tazara na maza masu bukatan daina, ko kuma tsayar da haihuwa