

Akwai bukatar **yanke**  
**shawarwarin** da suka dace  
domin cimma **burikan ku**



Sanin ingantattun bayanai akan tsarin  
iyali/bayar da tazarar haihuwa zai taimaka  
**maku shiryawa kyakkyawar rayuwa**

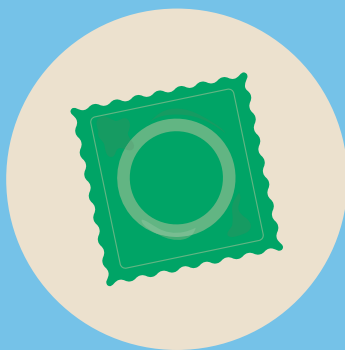
Tsarin iyali/bayar da tazarar haihuwa **shine yanke shawara** game da adadin yaran da ku ke son Haifa da kuma lokacin da ku ke son haihuwar su.

Ku ziyarci **cibiyar kiwon lafiya mai dauke da tambari mai digon kore** a yau domin shiryawa ingantacciyar rayuwa. Ana maraba da maza da mata masu shekaru daban daban **harma da mutane masu nakasa**.

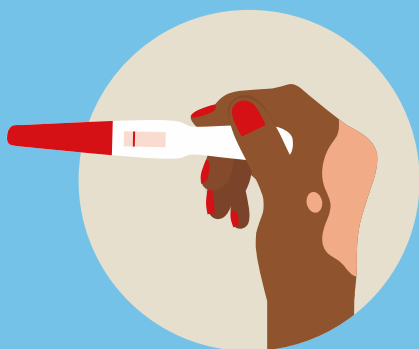
## Amfanin kayyade iyali ga mata matasa:



Yana karfafa wa mace guiwa domin kulawa da lafiyar yanayin haihuwarta da kuma ba ta damar neman ilimi domin cika burukanta na rayuwa.



Amfani da kwaroron roba na hana daukar cututtukan da ake samu ta hanyar jima'i, kamar su cuta mai karya garkuwar jiki da kuma sida.



Zai zamana ba ta da fargabar shigar ciki bagatatan ko ba tare da niyya ba.



Yana taimakawa wajen jinkirta daukar ciki har sai jikinta ya sami lafiyar daukar wani ciki.

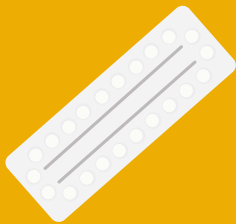
# Hanyar tsarin iyali/**bayar da tazarar** **haihuwa ta gajeren lokaci**

## **Kwaroron roba na maza da na mata**



- Suna yin aiki sosai idan aka yi amfani da su yadda yakamata
- Samun kariya daga cutittikan da ake kamuwa dasu ta hanyar jima’i [wato STIs] har da cuta mai karya garkuwar jiki [wato HIV/AIDS]

## **Kwayoyin magani da ake sha**



- Suna aiki sosai wajan hana daukar ciki
- Dole ne mace ta rika shan maganin kullum a tsayayyan lokaci guda daya
- Suna rage fuskantar matsalar rikicewar al’ada
- Mata masu shayarwa ma za su iya shan karamar kwayar maganin
- Mace za ta cigaba da haihuwa a duk lokacin da ta dena amfani da maganin
- Basa iya hana kamuwa da cutar sanyi [wato STIs] da cuta mai karya garkuwar jiki [wato HIV/AIDS]

## **Allurar hana daukar ciki**



- Tana aiki sosai kuma bata da hadari
- Mace mai shayarwa za ta iya yin allurer makonni shida [6] bayan haihuwa
- Bata ragewa mace yawan ruwan nono
- Basa iya hana kamuwa da cutar sanyi [wato STIs] da cuta mai karya garkuwar jiki [wato HIV/AIDS]

# Hanyoyin tsarin iyali/**bayar da tazarar** **haihuwa na dogon lokaci**

## Rufe Bakin mahaifa



- Yana aiki sosai
- Kusan kowacce mace zata iya amfani da tsarin
- Yana fara aiki nan take a jikin mace, kuma zai iya zama a jiki har tsawon shekaru goma [10]
- Mace zata cigaba da haihuwa da zarar an cire shi daga mahaifar ta
- Basa iya hana kamuwa da cutar sanyi [wato STIs] da cuta mai karya garkuwar jiki [wato HIV/AIDS]

## Ashanar Hannu



- Yana aiki sosai
- Mace tana iya amfani dashi a jikin ta na tsawon shekaru uku [3] zuwa shekaru biyar [5]
- Baya hana jima'l ko saduwa tsakanin namiji da mace
- Bawanda zai san mace tana amfani dashi
- Basa iya hana kamuwa da cutar sanyi [wato STIs] da cuta mai karya garkuwar jiki [wato HIV/AIDS]

## Tsarin Iyali na Maza kawai [wato vasectomy]



- Yana aiki kwarai da gaske
- tiyatar da ake yi bata da hadari
- Baya hana namiji iya yin jima'l ko saduwa da mace
- Basa iya hana kamuwa da cutar sanyi [wato STIs] da cuta mai karya garkuwar jiki [wato HIV/AIDS]

## Daurin Mahaifa



- Yana aiki kwarai da gaske
- Tiyatar da ake yi bata da hadari
- aikin baya shafa ko illata kwayoyin halittar jikin mace
- Basa iya hana kamuwa da cutar sanyi [wato STIs] da cuta mai karya garkuwar jiki [wato HIV/AIDS]

# Bayanan shacifadi da na gaskiya game da tsarin iyali/bayar da tazarar haihuwa

## Shacifadi

Yanar gizo wato internet da sauran kafafen sada zumunta na zamani da kuma abokai ne hanyoyin da suka fi dacewa wajan nema da samun bayanai game da tsarin iyali da kuma bayar da tazarar haihuwa.

## Gaskiya

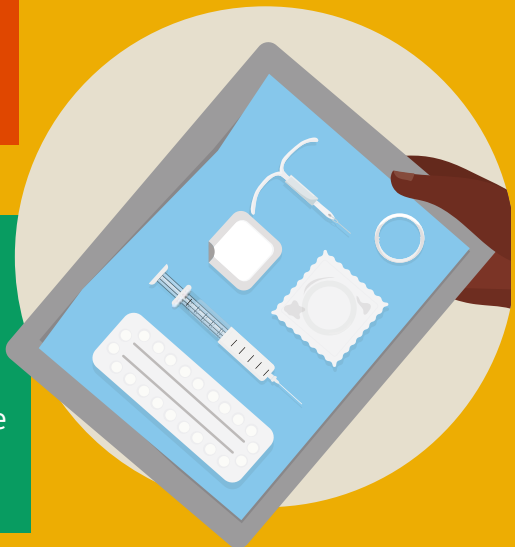
Cibiyoyin kiwon lafiya masu dauke da tambari mai digon kore [wato green dot logo] sune amintattun **wuraren nema da samun bayanai game da tsarin iyali/ bayar da tazarar haihuwa.**

## Shacifadi

Tsarin iyali/bayar da tazarar haihuwa yana da hadari ga lafiya.

## Gaskiya

Hanyoyin tsarin iyali da bayar da tazarar haihuwa na zamani basu da hadari ga rayuwa da kuma lafiyar mai amfani dasu—kuma sun dace da jikin kowa, ke dai nema shawarar kwararrun jami'an kiwon lafiya kawai.





### Shacifadi

Bai kamata mutane masu nakasa su haifi yara ba.

### Gaskiya

Mutane masu nakasa suna da dammar haihuwar yara kamar kowa a duk lokacin da suke bukata.

### Shacifadi

Mutane masu aure ne kawai za su iya amfani da hanyoyin tsarin iyali/bayar da tazarar haihuwa.

### Gaskiya

Ko kadan bahaka bane, masun aure da marasa aure dukkaninsu za su iya amfani da hanyoyin tsarin iyali/bayar da tazarar haihuwa.



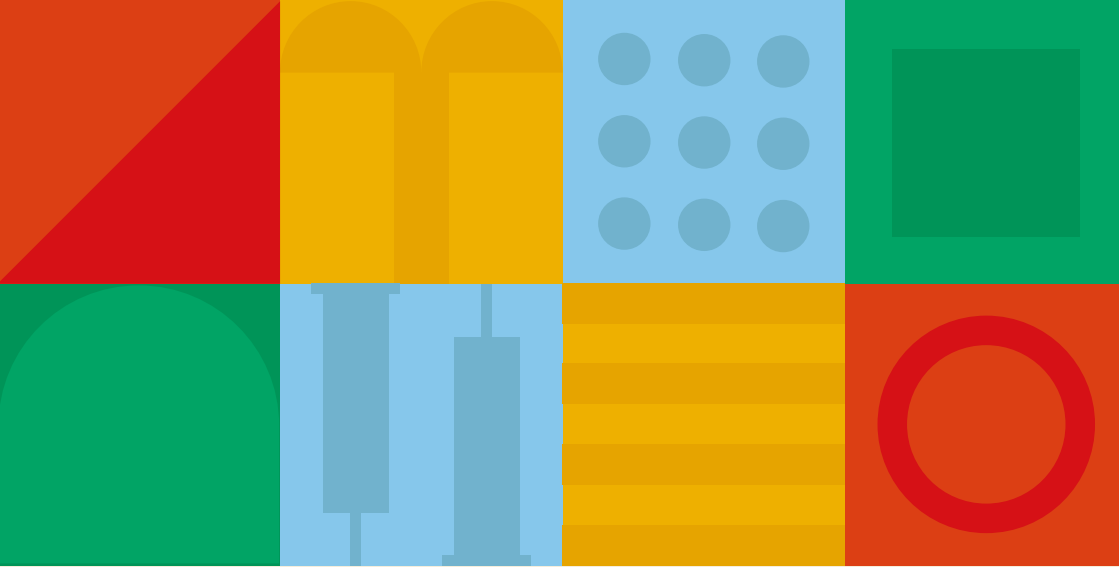
### Shacifadi

Tsarin iyali/bayar da tazarar haihuwa ba na mutane masu nakasa bane

### Gaskiya

Tsarin iyali/bayar da tazarar haihuwa na kowa da kowa ne, hama da mutane masu nakasa





Domin neman Karin bayani da shawarwari game da tsarin iyali/bayar da tazarar haihuwa, ku ziyarci **cibiyar kiwon lafiya mai dauke da tambari mai digon kore**. Akwai kwararrun ma'aikatan kiwon lafiya da zasu taimaka maku wajan yanke shawarar tsarin da zai fi dacewa da jikin ku, tare da amsa dukkanin tambayoyin ku akan batutuwan da suka shafi tsarin iyali/bayar da tazarar haihuwa. Ana gudanar da aiyukan da suka shafi tsarin iyali/bayar da tazarar haihuwa ga mata masu nakasa masu shekaru daban daban.

Za kuma ku iya kiran cibiyar bayanai ta kungiyar MSION kyauta akan lambar waya kamar haka: **22252**, ko kuma ku tura sakon WhatsApp akan lamba kamar haka: **09080022252**. Akwai ma'aikatan da zasu iya Magana da ku a cikin harsinan Hausa, da Yarbanci, da Inyamiranci, da Turanci da kuma Pidgin domin amsa tambayoyin ku.

Shawara ta  
**zabi na.**



**Inclusive  
Futures**

