

TAMPON-DA



Sharraxaad kooban

Tampon-ku wuxuu nuugaa dhiigga caadada ee siilka. Tampons-ka waa la isticmaali karaa haddii buushashka ay adag tahay in la isticmaalo, tusaale ahaan marka la dabaalanayo.

Xajmiga

Waxa jira tampon-no kala duwan heerarka kala duwan ee socodka caadada.

Ugu horrayn, waxaad isku dayi kartaa tampon-ada "yaryar" si aad u ogaato awoodda nuugista ugu habboon.

Talooyin:

- Tampon-ada yaryar ayaa fiican marka caadadu timaado markii ugu horraysay ama haddii caadadu aad u yar tahay.
- Haddii tampon-ka ay tahay in inta badan la beddelo maadaama uu dhakhso u buuxsamayo oo uu dhiiggu ka dusayo, tampon wayn ayaa loo baahan yahay (Caadi, Sarreeya, Ugu Sarreeya).

Wakhtiga in la xirto lagu taliyey

- Tampon-ka waa in la beddelo kadib wax aan ka badnayn 6 saacadood, iyadoo ku xiran xajmiga tampon-ka iyo heerka socodka caadada.
- Looma baahna tampon-ka inaad beddesho markasta oo aad suuliga aaddo. Siilka (halka tampon-ka la galiyo), kaadi-mareenka (urethra) iyo dabadu waa daloolo kala duwan oo jirka ah.

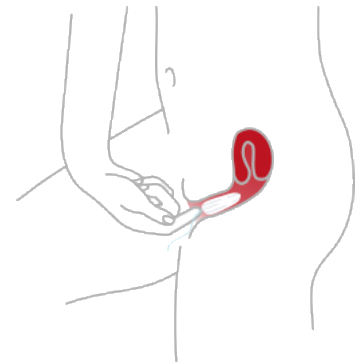
Isticmaalka

1. Dhaq gacmahaaga.
2. Ka fur waxa ku duuban.
3. Xarigga jiid (xarigga saaritaanka): Xariggu wuxuu fududaynayaa in marka dambe tampon-ka si fudud loo soosaaro.
4. Raadso qaab nafis ah. Talooyinka tan ku aaddan waxa laga heli karaa Su'aalaha Badanka la Iswaydiiyo.

5. Gali tampon-ka siilka adigoo isticmaalaya far (tus., farta murdisada). Xarigga saarista wuxuu ka soo laalaadaa dibadda.

Wax la dhaho ablikeetar ayaa la isticmaali karaa halkii farta si tampon-ka loo galiyo. Ablikeetarka waxa laga heli karaa farsmasiyada.

6. Hubi inuu fadhiyo: Tampon-ku wuxuu yaala meesha saxda ah haddii aan markaa la taaban karayn. Haddii aad wali taaban karto, gudaha u sii riix.



Talooyin:

- Hadday had iyo jeer aad u xanuun badan tahay, xataa marka si sax ah loo galiyo, waxaad haysataa sabab aad dhakhtar dumar ku aragto.
- Haddii aadan hubin haddii tampon-ku meeshii loogu talagalay yaalo oo wax dhiig caado ahna aysan kaa socon, waxa ku caawin karta inaad xirato buush dheeraad ah, panty liner ama nigiska caadada.

➔ Isticmaalka kadib

1. Dhaq gacmahaaga
2. Si deggan u soosaar tampon-ka adigoo soo qabanaya xarigga saarista ama farahaaga ku soo qabanaya.

Ogow: Haddii xarigga soosaarista aadan heli karin - maxaad samaynaysaa?

Tampon-ku kuma lumi karo jirka dhexdiisa. Wuxuu joogsan doonaa afka ilmo-galeenka (kadib qiyaastii 10 cm) ugu badnaan. Waxaad had iyo jeer ku gaari kartaa farahaaga, xataa haddii xarigga soosaaristu maqan yahay. Kadaloobso oo u soo riix tampon-ka hoos, sida marka suuliga oo kale. Kadib farahaaga ku soosaar. Haddii aadan tan adigu kalidaa samayn karin, dhakhtarka dumarka ayaa ku caawin kara. Sidoo kale waxaad wici kartaa khadka talada caafimaadka 1450.



Tuurista

- Tampon-ada waa in halmar oo kaliya la isticmaalo.
- Ha ku tuurin suuliga Tampon-ada la isticmaalay. Waxay awdi karaan qasabadaha iyo warshadaha bullaacadaha farsameeyo.
- Suuliyada dadwaynnaha, waxa mararka qaar jiro kiishash loogu talagalay alaabta caadada ee la isticmaalay. Tampon-ada waxa lagu ridi karaa kiishashkan waxaana loo tuuri karaa qaabkan. Haddaan wax kiish ah uusan jirin, ku duub tampon-ka waraaqda suuliga oo qashinka ku rid.



Dhinacyada caafimaadka

Had iyo jeer ku dooro tampon-ada **xoogganaanta socodka caadadaada**.

Tani waxay caawinaysaa inaan la xaaqin noolaha ili-ma-aragtyada ee faa'idada leh ee siilka waxayna kahortagaysaa in bakteeriyada ku dhalato.

Goorta la iska daynayo tampon-ada?

- Hadduu jiro xanuun marka galinta iyo marka la xiran yahay: Haddii xanuunku joogsan waayo xataa marka tampon-ka si sax ah loo gashado, iska saar tampon-ka oo arag dhakhtarka dumarka.
- Haddii socodka caadadu yar yahay ama ay jirto caado aad u fudud, tampon-ada waa inaan la isticmaalin ama kaliya la isticmaalo muddo gaaban. Tampon-ada waa inaan la isticmaalin haddii arrintu tahay filasho caado oo kaliya. Waxay qallajin karaan siilka, taasi oo kordhisa halista caabuqa.
- Xilliga galmada siilka, maadaama ay keeni karto xanuun kana dhigi karto tampon-ka mid adag in la iska saaro.
- Tampon-ada waa inaan la isticmaalin xilliga **uurka ama dhiigga dhalmada kadib**. Buushashka ama nigisyada caadada ayaa kuwan aad ugu fiican.

Xaaladaha uu jiro **gudniinka/googoynta xubinta taranka haweenka (FGM/C) nooca 3 (tolid)**, isticmaalka tampon-ada suurto gal ma aha.



Macluumaad dheeraad ah oo muhiim ah oo ku saabsan alaabta iyo caafimaadka caadada

gesundheits.gv.at/leben/frauengesundheit/menstruationsprodukte/alaabada-caadada

- [unicef.org/media/91346/file/unicef-guide-menstrual-hygiene-materials-2019.pdf](https://www.unicef.org/media/91346/file/unicef-guide-menstrual-hygiene-materials-2019.pdf)
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- loveline.de/themen/maedchen/meine-menstruation/tampons-binden-tasse-schwamm/

BUUSHASHKA



Sharraxaad kooban

Buushashku waxay ku ururiyaan dhiigga caadada dibadda siilka. Waxa laga hoos xirtaa nigiska. Waxa jira buushash halmar kaliya la isticmaalo (buushashka halka mar la isticmaalo oo ku leh xarko dhegdheg ku leh gudaha). Waxa jira sidoo kale buushash la isticmaali karo marar badan. Kuwan waxa loo yaqaan "buushashka marada" ama "buushashka mararka badan la isticmaali karo".

Buushashka kalidood ayaa la isticmaali karaa ama waxa lala isticmaali karaa alaab kale oo kuwa caadada ah.

Xajmiga

- Waxa jira buushash kala duwan heerarka socodka caadada ee kala duwan.
- Buushashka halka mar la isticmaalo waxa la heli karaa iyadoo baalal leh ama aan lahayn. Baalashadu waxay ilaaliyaan dhinacyada.
- Haddii socodka caadadu aad u fudud yahay "panty liners" ayaa sidoo kale la isticmaali karaa. Way ka qaro yar yihiin oo waxay nuugaan dhiig ka yar ka buushashka.

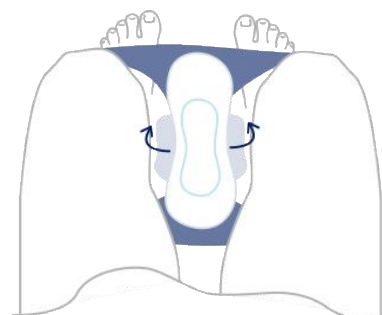
Wakhtiga in la xirto lagu taliyey

- Buushka waa in la beddelo kadib wax aan ka badnayn 8 saacadood.
- Buushashka marada ah (buushashka dib loo isticmaali karo) waa in la beddelo qiyaastii hal sano kadib.

Isticmaalka

Buushka Halka Mar la Isticmaalo:

1. Dhaq gacmahaaga.
2. Ka saar baakadda iyo waraaqda xarigyada dhegdhegga leh oo iska tuur.
3. Dhig buushka bartanka nigiskaaga iyadoo dhinaca dhegdhegga leh uu gudaha xigo.
4. Hadday jiraan baalal:
Laab baalasha oo ku dheji dhinaca dibadda/hoosta ee nigiska.



Buushka marada ah (buush dib loo isticmaali karo):

Isticmaalka ugu horreeya kahor, ku dhaq biyo buushka marada ah.

1. Dhaq gacmahaaga.
2. Dhig buushka nigiskaaga hoostiisa iyadoo dhinaca jilicsan (qooyaan-biiyaha) uu sare u jeedo.
3. Soo laab baalasha.
4. Ku xir meelaha isku xirma ee baalasha nigista hoostiisa.

Isticmaalka kadib

- Buushashka halka mar la isticmaalo waa in halmar kaliya la isticmaalo oo markaa la iska tuuro.
- Buushashka marada ah (buushashka dib loo isticmaali karo) waxa la isticmaali karaa marka la dhaqo. Markaad "safar ku jirto", buush la isticmaalay ayaad boorsada ku wadan kartaa.

Nadiifinta lagu taliyey

Buushka marada ah (buush dib loo isticmaali karo):

1. Biyo ku shub/nadiifi: Kadib xirashada, marka koowaad biyo qabow ku shub buushka dib loo isticmaali karo. Dhiigga waxa si fudud loogu dhaqi karaa biyo qabow marka la eego biyo diirran.
2. Dhaq: Kahor isticmaalka koowaad iyo dhaqista kadib. Buushashka marada ah qaar badan waxa lagu dhaqi karaa 30–40 °C, ama xataa 60 °C, dharmayrka caadiga ah.
3. Qallaji: Oggolow in marada buushka ah hawada ku qallasho gabi ahaan.



Tuurista

- Ka saar **buushka halka mar la isticmaalo** nigiska hoostiisa oo iska tuur.
- Ha ku tuurin buushashka la isticmaalay suuliga. Waxay awdi karaan qasabadaha iyo warshadaha bullaacadaha farsameeyo.
- Suuliyada dadwaynaha, waxa mararka qaar jiro kiishash loogu talagalay alaabta caadada ee la isticmaalay. Buushashka waxa lagu ridi karaa kiishashkan waxaana loo qubi karaa sidan. Haddii aan kiishash jirin, ku duub buushka waraaqda suuliga oo iska tuur.



Dhinacyada caafimaadka

- Buushashku waxay jir-diid ku keeni karaan maqaarka, xaaladaha qaarna, waxay keenaan caabuqyo. Haddaba, si joogto ah u beddel sida lagu taliyo, dhaq gacmahaga, oo dhaq oo qallaji buushashka marada ah (buushashka dib loo isticmaali karo) si sax ah.
- Buushashku waxay ku habboon yihiin **dhiigga uurka iyo dhalmada kadib**.
- Buushashku waa ku habboon yihiin dhammaan noocyada gudniinka/jarjarista xubinta taranka haweenka (FGM/C).



Macluumaad dheeraad ah oo muhiim ah oo ku saabsan alaabta iyo caafimaadka caadada

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- loveline.de/themen/maedchen/meine-menstruation/tampons-binden-tasse-schwamm/

- let's talk period -

NIGISKA CAADADA

Sharraxaad kooban

Nigista caadadu waa nigis leh lakabyo kala sarreeya. Kuwani waxay nuugaan dhiigga caadada ee siilka dibaddiisa ah. Nigiska caadadu wuxuu u egyahay nigiska caadiga ah. Waa la dhaqi karaa oo dib loo isticmaali karaa.

Xajmiga

- Nigiska caadada waxa la heli karaa isagoo xajmiyo kala duwan ah, isagoo qaabab kala duwan ah, iyadoo ku xiran muddada socodka caadada.
- Hal nigiska caadada ah wuxuu nuugi karaa qiyaastii xaddiga ay nuugaan 1 ilaa 4 tampon-yo.

Wakhtiga in la xirto lagu taliyey

Nigiska caadada waa in la beddelo kadib waxaan ka badnayn 12 saacadood, iyadoo ku xiran xoogga socodka caadada.

Istickmaalka

- Kahor isticmaalka koowaad, ku dhaq nigiska caadada biyo.
- Nigiska caadada waxa loo xirtaa sida nigiska caadiga ah.
- Kalidii ayaa la xirtaa ama si loo helo ilaalin dheeraad ah waxa lala xirtaa alaabta caadada ee kale.

Istickmaalka kadib

Nigiska caadada dib ayaa loo isticmaali karaa dhaqista kadib.

Nadiifinta lagu taliyey

1. Biyo ku shub/nadiifi: Kadib xirashada, marka koowaad ku dhaq nigiska caadada biyo qabow. Dhiigga waxa si fudud loogu dhaqi karaa biyo qabow marka loo eego biyaha diirran.
2. Dhaq: Kahor isticmaalka koowaad iyo kadib dhaqista. Ha isticmaalin waxyaalaha dunta jilciya markaad dhaqayso hana kaawiyadayn. Labaduna waxay yareeyaan awoodda nigisku u leeyahay inuu u nuugo dhiigga caadada si fiican.
3. Qallaji: U oggolow nigiska caadada inuu hawada si fiican ugu qallalo (ha isticmaalin mashiinka qallijinta).

Talo: Haddii nigiska caadada si fiican loo dhaqo loona qallajiyo, ur yeelan maayo. Haddaba, hadday dhacdo inaysan urtiisu fiicnayn, waa inaad iska tuurto.



Tuurista

Nigiska caadada dib ayaa loo isticmaali karaa dhaqista kadib.

Wuxuu si fiican u nuugi doonaa dhiigga caadada qiyaastii 1 sano, laakiin tani way ku kala duwan yihiin nigisyadu.

Sida badan, baakadda ayaa lagu sheegaa inta jeer ee nigiska caadada la dhaqi karo (tusaale ahaan: 40 ilaa 50 jeer) kahor inta uusan gaarin heer uu u nuugi kari waayo dhiigga caadada si fiican.

Intaas kadib, ama waa la iska tuuri karaa ama loo xiran karaa sidii nigis caadi ah.



Dhinacyada caafimaadka

- Waxa muhiim ah in nigiska caadada aysan ku jirin silfar ama kiimikooyin (inta ugu yarna) ha noqotee. Kuwani waxay saamayn karaan caafimaadka. Agabka loo isticmaalay samayntiisa ayaa laga eegi karaa baakadda.
- Nigiska caadadu wuxuu ku habboon yahay xilliga **dhiigga uurka iyo dhalmada kadib**.
- Nigiska caadadu wuxuu ku habboon yahay dhammaan noocyada **gudniinka/jarjarista xubnaha taranka haweenka (FGM/C)**.



Macluumaad dheeraad ah oo muhiim ah oo ku saabsan alaabta iyo caafimaadka caadada

gesundheits.gv.at/leben/frauengesundheit/menstruationsprodukte/alaabada-caadada

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KOOBABKA CAADADA



Sharraxaad kooban

Koobka caadadu waa koob jilicsan, oo sida badan ka samaysan silikoon. Wuxuu ururiyaa dhiigga caadada ee siilka. Markuu buuxsamo, koobka caadada waa la soosaaraa, la dhaqaa, oo dib loo isticmaalaa.

Koobka caadada waxa la isticmaali karaa sanado badan. Haddii si wacan loo nadiifiyo si sax ahna loo ilaaliyo, isla koobkaasi waxa la isticmaali karaa ilaa 10 sano.

Xajmiga

- Koobabka caadadu waxay ku yimaadaan xajmiyo iyo qaabab kala duwan. Xajmiyada sida badan waxa lagu muujiyaa S (yar), M (dhexe) iyo L (Wayn). Maadaama siilalku kala duwan yihiin, xajmiga saxda ah sidoo kale waa kala duwanaa karaa.
- Socodka dhiigga caadada ee culus ama murqaha salka miskaha ee daciifka ah (tusaale ahaan, dhalmada kadib), koob caado oo wayn ayaa la isticmaali karaa.
- Ku bilaw xajmiga ugu yar caadada ugu horraysa.

Wakhtiga in la xirto lagu taliyey

4 ilaa 12 saacadood, iyadoo ku xiran xajmiga koobka caadada iyo xoogga socodka caadada.

Isticmaalka

1. Jeermiska ka dil: Kahor isticmaalka koowaad, iyo sidoo kale markasta oo caadadu bilaabanto, koobka caadada waa in jeermiska laga dilo (wakhtiga waxa lagu sheegaa baakadda); tusaale ahaan, iyadoo lagu ridayo dhari biyo karkaraya ah ama koob biyo ah oo mikroweefka la galiyo.
2. Dhaq gacmahaaga.
3. Raadso qaab nafis ah. Talooyinka tan ku aaddan waxa laga heli karaa Su'aalaha Badanka la Iswaydiyo.
4. Laab koobka caadada adigoo adeegsanaya laba farood oo gali:
 - Marka koobka caadada la laabo, wuxuu u egyahay sida xarafka "C". Taasi waa sababta sidoo kale loogu yeero "C-fold".
 - Koobka caadadu isagaa iska kala baxa gudaha siilka. Wuxuu abuuraa saamayn nuugis waxaana dhaqdhaqaaqa ka ilaaliya muruqyada salka miskaha.
5. Hubi inuu fadhiyo: Koobka caadadu meesha saxda ah ayuu yaalaa haddii aan la dareemin.



Talooyin:

- Ku eeg far agagaarka salka koobka caadada si aad u hubiso inuu si buuxda u furan yahay. Hadduusan furnayn, sida badan wuxuu ku keenaa murqaha salka miskaha inay adkaadaan dhawr jeer.
- Haddii aadan hubin haddii koobka caadada aad u dhigtay sax si uuna dhiigga caadadu u soo dusin, xiro buush dheeraad ah, "panty liner", ama nigiska caadada.

Isticmaalka kadib

1. Dhaq gacmahaaga.
2. Soosaaridda: Kahor inta aan koobka caadada siilka laga soosaarin, waxa waajib ah in marka hore la soo fujiyo. Si tan loo sameeyo, ku tuuji koobka caadada isagoo gudaha siilka ku jira laba farood. Marka koobku dhaqaaqo, "saamaynta nuugista" waa laga sii daayey. Waxa markaa si deggan koobka caadada loogu saari karaa iyadoo la qabanayo "gacanka" ama aad adeegsanayso farahaaga.
3. Koobka caadada waxa markaa waxa ku jira lagu shubi karaa suuliga.
4. Kadib dhaqista ama nadiifinta, koobka caadada haddana waa la gashan karaa.

Talooyin:

- Sidaas oo kale ayaa la samaynayaa marka galinta – wuxuu fudud yahay markaad u joogto qaab nafis ah.
- Faaruqinta ama soosaarista waxa lagu barbaran karaa xamaamka, maadaama uu dhiig soo bixi karo dhawrka jeer ee hore.

Nadiifinta lagu taliyey

1. Biyo ku shub/nadiifi: Koobka caadada ku dhaq biyo saafi ah (biyo qabow marka hore, kadibna biyo diirran). Haddii laga maarmi waayo, waxa lagu dhaqi karaa saabuun aad u awood yar. Udugga ama waxyaalaha kale ee saabuunta ku jiraa wuxuu jir-diid ku keeni karaa maqaarka.

Talo: Haddii aan biyo qasabad la heli karin, biyaha caagadaha ayaa sidoo kale la isticmaali karaa.

2. Jeermiska ka dil: Kadib xilliga caadadaada iyo kahor ta xigta, jeermiska ka dil koobka caadada marlabaad. Macluumaad ku saabsan jeermis-ka-dilista ayaa laga heli karaa sare halka ka hoosaysa "Isticmaalka".
3. Kaydinta: Ku hay meel qallalan, laakiin hawo leh, ilaa laga gaarayo xilliga caadada xigta.

Muhiim: Ha ku kaydin meel bilaa hawo ah, maadaama tani keeni karto in bakteeriya ama caaryo ku dhalato.



Tuurista

Koobka caadada dib ayaa loo isticmaali karaa marka la nadiifiyo ilaa 10 sano. Marka isticmaalku ka dhammaado, waa in lagu daro qashinka caadiga ah.



Dhinacyada caafimaadka

- Koobabka caadada waa inuu qof kaliya isticmaalo weligii si looga fogaado halista caabuqa.
- Koobka caadadu ma qallajiyo siilka markaa ma arbusho noolaha ili-ma-aragtayda faa'idada ah ee siilka. Tani waxay ka dhigan tahay halista jir-diid iyo caabuqa oo yaraada.
- Digniinta xasaasiyada silikoonta ama rabadh: Koobabka caadada sidoo kale waxa la heli karaa iyagoo ah silikoon ama rabadh. Baakadda waxa lagu qori doonaa "ay hoosayso inuu xasaasiyad keeno" arrintan oo kale.
- Koobka caadada iyo aaladda la geliyo ilma-galeenka (intrauterine device, IUD) ama kobar jeynta: Dhegitaanka koobka caadadu wuxuu bara-bixin karaa IUD-da ama kobar jeynta. Hadday kugu jiraan IUD ama kobar jeyn, waxa muhiim ah inaad kala hadasho dhakhtarkaaga dumarka haddii aad isticmaali karto koobka caadada.
- Xilliga dhiigga uurka iyo dhalmada kadib, koobka caadada waa inaan la isticmaalin. Buushashka nadaafadda ama nigiska caadada ayaa arrimaha noocan ah u fiican.
- Xaaladaha gudniinka xubinta taranka haweenka (FGM/C) nooca 3 (tolid), isticmaalka koobka caadadu suurtoagal ma aha.



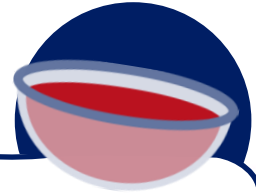
Macluumaad dheeraad ah oo muhiim ah oo ku saabsan alaabta iyo caafimaadka caadada

gesundheits.gv.at/leben/frauengesundheit/menstruationsprodukte/alaabada-caadada

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- let's talk period -

SAXANADA CAADADA



Sharraxaad kooban

Saxanka caadadu waa mid siman oo jilicsan, oo sida badan ka samaysan silikoon. Wuxuu ururiyaa dhiigga caadada ee siilka. Marka la barbardhigo koobka caadada, saxanka caadadu waa mid siman kana ballaaran wuxuu markaa qaadi karaa dhiig badan. Tani waxay si gaar ah uga dhigtay mid faa'ido leh xilliga dhiig caadada ee culus. Markuu buuxsamo, saxanka caadada waa la soosaaraa, la dhaqaa, oo dib loo isticmaalaa.

Saxanka caadada waxa la isticmaali karaa sanado badan. Haddii si wacan loo nadiifiyo si sax ahna loo ilaaliyo, isla saxankaasi caadada waxa la isticmaali karaa ilaa 10 sano.

Xajmiga

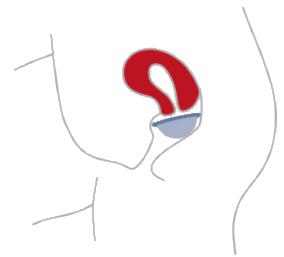
Suxuunta caadada waxa la helaa iyadoo xajmiyo kala duwan ah, oo sida badan loo qoro S (yar), M (Dhexe) iyo L (wayn). Maadaama siilalku kala duwan yihiin, xajmiga saxda ah waa kala duwanaa karaa. Dhiigga caadada ee culus, waxa ku fiicnaan kara saxan caado oo wayn.

Wakhtiga in la xirto lagu taliyey

Ilaa 12 saacadood, iyadoo ku xiran xajmiga saxanka iyo xoogga socodka caadada.

Isticmaalka

1. Jeermiska ka dil: Kahor isticmaalka koowaad, iyo marlabaad markasta oo caadadu bilaabanto, saxanka caadada waa in jeermiska laga dilo (ka eeg muddada baakadda); tusaale ahaan, iyadoo lagu ridayo dhari biyo karkaraya ah ama koob biyo ah oo mikroweefka la galiyo.
2. Dhaq gacmahaaga.
3. Raadso qaab nafis ah. Talooyinka tan ku aaddan waxa laga heli karaa [Su'aalaha Badanka la Iswaydiyo](#).
4. Dhinacyada ka soo cadaadi saxanka caadada oo gali:
Saxanka caadadu isagaa iskii iskaga furmi doona gudaha siilka oo is-hoos dhigi doona afka ilma-galeenka.
5. Hubi inuu fadhiyo: Saxanka caadadu meesha saxda ah ayuu yaalaa haddii aan la dareemin.



Talo: Haddii aadan hubin haddii saxanka caadada aad u dhigtay sax si uuna dhiigga caadadu u soo dusin, sidoo kale xiro buush nadaafad, "panty liner", ama nigiska caadada.

Isticmaalka kadib

1. Dhaq gacmahaaga.
 2. Intaa kadibna ama
 - **Faaruuqi** saxanka caadada (tani waa suurto gal iyadoon la soosaarin): Isticmaal farahaaga si aad ugu janjeeriso saxanka dhanka gudaha siilka. Mararka qaar sidoo kale tani waxay suurto gal noqotaa iyadoo la ducanayo, sida, dhaqaajinta murqaha salka miskaha. Dhiigga caadada ayaa markaa laga sii daayaa siilka.
- ama
- **Soosaar** saxanka caadada: Isticmaal farahaaga si aad u hesho saxanka caadada oo aad u soosaarto. Saxanka caadada waxa markaa waxa ku jira lagu shubi karaa suuliga.
3. Kadib dhaqista ama nadiifinta, saxanka caadada haddana waa la gashan karaa.

Talooyin:

- Sidaas oo kale ayaa la samaynayaa marka galinta – wuxuu fudud yahay markaad u joogto qaab nafiis ah.
- Faaruqinta ama soosaarista waxa lagu barbaran karaa xamaamka, maadaama uu dhiig soo bixi karo dhawrka jeer ee hore.

Nadiifinta lagu taliyey

1. Biyo ku Shub/Nadiifi: Saxanka caadada ku dhaq biyo saafi ah (biyo qabow marka hore, kadibna biyo diirran). Haddii laga maarmi waayo, waxa lagu dhaqi karaa saabuun awood yar. Udugga ama waxaha kale ee saabuunaha ku jiraa wuxuu jir-diid ku keeni karaa maqaarka.

Talo: Haddii aan biyo qasabad la heli karin, biyaha caagadaha ayaa sidoo kale la isticmaali karaa.

2. Jeermiska ka dil: Kadib caadada iyo kahor wareegga xiga, jeermiska ka dil saxanka caadada marlabaad. Macluumaad ku saabsan jeermis-ka-dilista, ka eeg sare halka ka hoosaysa "Isticmaalka".
3. Kaydinta: Ku kaydi meel qallalan laakiin hawo leh ilaa caadada xigtaa ka imanayso.

Muhiim: Ha ku kaydin weel bilaa hawo ah, maadaama tani keeni karto in bakteeriya ama caaryo ku dhalato.

Tuurista

Saxanka caadada dib ayaa loo isticmaali karaa marka la nadiifiyo, ilaa 10 sano. Marka isticmaalku ka dhammaado, raaci qashinka caadiga ah.



Dhinacyada caafimaadka

- Suxuunta caadada waa inuu qof kaliya isticmaalo weligii si looga fogaado halista caabuqa.
- Suxuunta caadadu ma qallajiyaa siilka markaa ma arbushaan noolaha ili-ma-aragtayda faa'idada leh ee siilka. Tani waxay ka dhigan tahay halista jir-diid iyo caabuqa oo yaraada.
- Digniinta xasaasiyada silikoonta ama rabadhka: Suxuunta caadada oon lahayn silikoon ama rabadh ayaa sidoo kale la helaa. Kuwan waxa lagu calaamadiyaa "ay hoosayso inuu xasaasiyad keeno" baakadda.
- Saxanka caadada iyo aaladda la geliyo ilma-galeenka (intrauterine device, IUD) ama kobar jeynta:
Saxanka caadadu uma sameeyo nuugitaan siilka dhexdiisa si la mid ah koobka caadada. Sidaas darteed, sida badan waxa lala isticmaalaa IUD ama kobar jeyn. Hase yeeshee, maadaama oo barabaxa aaladda uurka kahortagta aan meesha laga saari karin si dhammaystiran, waxa lagu taliyaa in lala tashado dhakhtarka dumarka marka hore.
- Saxanka caadada waxa la xiran karaa xilliga galmada siilka maadaama uu meel fog yaalo. Hase yeeshee, **MA AHA wax uurka kahortaga**. Sidoo kale ma aha wax u tallaabi kara ilmo-galeenka xilliga galmada.
- Xilliga **dhiigga uurka iyo dhalmada kadib**, saxanka caadada waa inaan la isticmaalin. Buushashka ama nigiska caadada ayaa arrimaha noocan ah u fiican.
- Xaaladaha gudniinka xubinta taranka haweenka/jarjarista (FGM/C) nooca 3 (tolid), isticmaalka saxanka caadadu suurtoagal ma aha.



Macluumaad dheeraad ah oo muhiim ah oo ku saabsan alaabta iyo caafimaadka caadada

gesundheits.gv.at/leben/frauengesundheit/menstruationsprodukte/alaabada-caadada

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Faahfaahin


Mulkiilaha Baahinta: Gesundheit Österreich GmbH (GÖG)

Stubenring 6, 1010 Vienna, www.goeg.at FN 281909y, Maxkamadda Ganacsiga ee Vienna, Aqoonsiga Cashuurta: ATU62777178

Waxa oggolaaday BMASGPK. Waxa Maalgaliyey Health Promotion Agenda (Ajandaha Horumarinta Caafimaadka).

Wixii ka bilaabma: Oktoobar 2025

Nashqadda iyo tusmaynta garaafigeed: Mariella Drechsler, Icons: Flaticon

 Bundesministerium
Arbeit, Soziales, Gesundheit,
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