

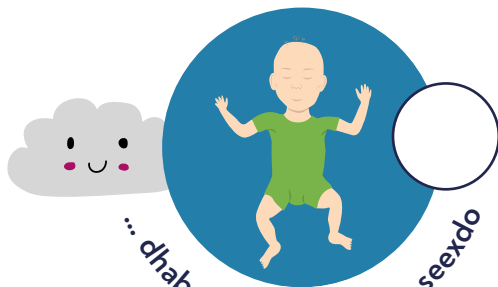
Tilmaamaha hurdada badbaadada leh ee dhallaanka



Waxaan diyaar u
ahay inaan seexo...



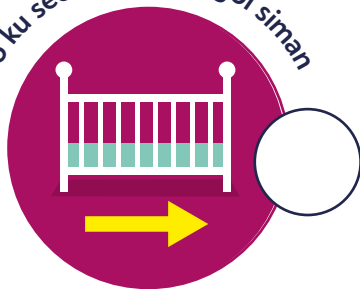
... aniga oo xirnayn koofiyad iyo maryo dheeri ah



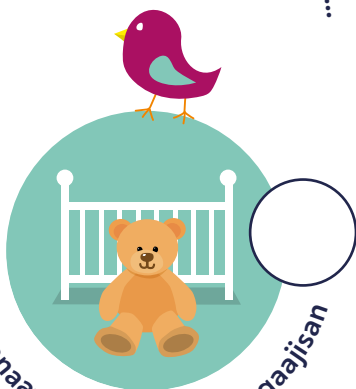
... dhabar-dhabar inaan u seexo



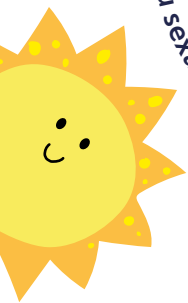
... aniga oo ku seexanaayo gogol siman



... ku seexanaayo gogol jiif oo hagaajisan



... cagahayga oo ku sugan xagga hoose ee sariirtayda





MAXAY U BAAHAN YIHIIN DHALLAANKU MARKA AY HURDAAN?

Inta ay dhallaanku ku jiraan cusbitaalka iyagoo helaya daryeel, waxaa laga yaabaa in lagu daryeelo siyaabo aan had iyo jeer raacin talada hurdada badbaadada leh. Had iyo jeer waxaa jirta sabab caafimaad oo keento in midan la sameeyo. Dhammaan dhallaanku waa inay raacaan talada hurdada ee badbaadada leh marka ay ka baxayaan qaybta dhallaanka, ilaa si gaar ah lagu sheegay ma ahaane. Tani waxay kaa caawinaysaa in la yareeyo khatarta dhimashada degdega ah ee dhallaanka ama AIDS.

DHABAR-DHABR II SEEXI

Carruurto waxay si sax ah u ilaalin karaan heerkulka jidhkooda haddii ay dhabar-dhabar u jiiifin oo aay marya badan saarnayn ama ku duubnayn. Way u fududahay in wajigooda nadiif ahaado oo ay ka fogaadaan gogosha jilicsan, sidoo kale.

SARIIRTAAYDA KA DHIG MID ADAG OO SIMAN

U seexashada gadhka iyo laabta oo isku dhaw waxay khatar u noqon kartaa dhallaanka, maadaama ay sii adkeynayso neefsashada. Seexitaanka dhallaanka meel fidsan ayaa ka caawini karto in dhallaanku gadhka uu ka duruqsanaado laabta si aay ugu adkaanin neefsashada. Mararka qaarkood sariirta ilmaha ayaa laga yaabaa in loo leexiyo si ay uga caawiso dheefshiidka, laakiin ma jirto caddayn muujinaysa in tani ay shaqaynayso.

In sariir lala wadaago ilmaha waqtiga aay ku jiraan qaybta dhallaanka laguma talinayo waa inaad kula seexan fadhiga dhallaanka. Wixii macluumaad ah ee ku saabsan qabanqaabada hurdada ee mataanaha ama seddex dhallan ee mataanaha ah fadlan talo ka raadso Lullaby Trust. **ISKAAN GAREE HALKAN:**



IGA SIIB KOOFIYAD IYO MARYAHA DHEERIGA AH

Caruurta waxay kulaylka jirkooda ka siidaya madaxooda oo in aad mario ku duubtid waxay ku adkeyn kartaa inay ku nagadaan heerkulka saxda ah. Waxay noqon kartaa khatar in ilmuhu aad u kululaado.

KA DHIG SARIIRTAAYDA MID GOGLAN banaanka uga saar maryaha geesaha ka yallo & alaabta lagu ciyaaro)

Ilmaha marka aay hurdaan waxay jecel yihiin inay sanko ka neefsadaan. Dulalka sanko dhallaanka ee yaryar waxaa uu u baahan yahay in laga fogeeyo bustooyinka. Ha isticmaalin hoolifayda caruurta, barkimaha jifka, sariirta hoolifayda wareegta ah ama gees dhigaalka gogosha caruurta ee ku sugan goobta jifka ee dhallaanka.

DHIG CAGAHAYGA XAGGA HOOSE EE SARIIRTAAYDA

Dhigista ilmaha xagga hoose ee sariirta waxa ay ka hortagtaa in dhallaanku ay bustaha hoostiisa galaan oo waxay ka dhigta in la arki karo wajiga dhallaanka oo waxba saarnayn. Bacda seexashada ee cabbirka saxda ah ee ku habboon miisaanka ilmaha, ayaa sidoo kale kaa caawin kara tan.

HEESAHA SEEXINTA DHALLAANKA

Carruurto waxay jecel yihiin inay maqlaan codkaaga waana iska caadi hadii aad u heesi karto si laxan leh iyo haddi aad u heesi karinba. Waxaad ku heesi kartaa hees kasta oo aad jeceshahay, xitaa heesaha pop-ka ee aad ugu jeceshahay waxayna noqoni karaan sida heesaha seexinta dhallaanka ee xiisaha leh. Halkan waxaa ah hees aad u heesi doonta ilmahaaga.

HEESTA RAINBOW

Casaan iyo jaalle iyo casaan iyo cagaar
Mida-bukug-gudud iyo oranji iyo bukug
Waxaan ku heesi karaa heesta rainbow
Hees heesta Rainbow
Hees heesta Rainbow tidokale



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