
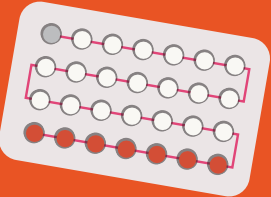
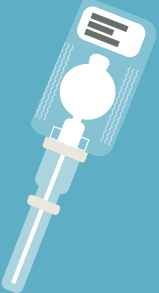










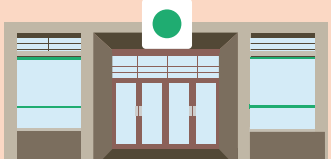
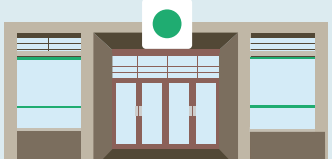
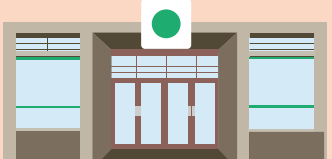
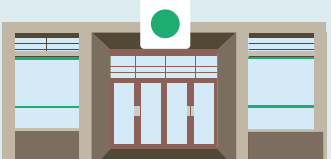
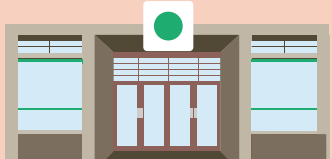



















Wane nau'in tazarar haihuwa ne ya dace da ke?

Ga jagora mai sauki kan nau'ukan tazarar haihuwa. Yana da muhimmanci ku tattauna da abokan zamanku kan nau'in da ya fi dacewa da ku.

	Kwaroron roba (na maza da na mata) 	Nau'in tazarar haihuwa na kwayoyi 	Allura 	Nau'in robar mahaifa (IUD) 	Tsinken hannu ko Ashanar Hannu (Implant) 	Daur akin mahaifa (na mata) Tiyata (toshe magudanan maniyyi na maza) 
Yana kare kamuwa daga cututtukan da ake dauka ta jima'i?	Eh 	A'a 	A'a 	A'a 	A'a 	A'a 
Ta yaya zan same su?	A dakin magunguna. 	A cibiyar lafiya mai koren alama. 	A cibiyar lafiya mai koren alama. 	A cibiyar lafiya mai koren alama. 	A cibiyar lafiya mai koren alama. 	A cibiyar lafiya mai koren alama ake yi. 
Bayan na daina amfani da shi, yaushe zan sake samun ciki?	Nan take. 	Nan take. 	Wattani 3 zuwa 6 	Nan take. 	Nan take. 	Duk biyun na dindindin ne, kuma ba a sa ke haihuwa. 
Har sau nawa ya kamata in rika amfani da shi?	Duk lokacin da kuka yi jima'i 	Kowace rana 	Kowane makonni 8-13 gwargwadon nau'in. 	Yana nan a wurin kuma yana aiki har zuwa shekaru 10. 	Yana nan a wurin, kuma yana aiki na tsawon shekaru 3-5 	Aikin tiyata ne sau ɗaya kawai. 
Za ka iya yi wa kanka?	Eh 	Eh 	Eh 	A'a 	A'a 	A'a 