

Fact Sheet - Dinka

KONDOM Ë MOC

The Male Condom



Kondom ë Moc Ye Kë Yindä?

Kondom ë moc ee kë la kôu cuëllël cë looi alôn litik ku athiöök thok alaj tök. Yeen a ye cuoöth cul cë tööt kôu tē tēec tik ke moc, rin bē liéc gël. A lej kondoom ë moc kök këc looi litik ku keek aa cë looi kë cöl poliüuretheen. Kondom ë moc a ye lac cöl alä ke 'kondom' path. Kondoom aa tuenyueeny ye yök töc yic (STIs) gël aya, gut tueny HIV.

Ye Kondom Luui Kadä?

Kondoom ee mith döm tē wël moc keek. Na looi keya ka mith aa cïn tē bī kek röm kek tuoj tik bē meth yök.

Ye Diec Luui Kadä?

Kondoom aa njec luui tē njicke ceñ. Keek aa njec luui arak 82 yet 98 buoöt, ku njec luon den ee rot thäny tē ye cëñ yeen. Keya ka diaär ka 2 yet 18 tik buoöt yic aa lëu bik liéc tē tēec kek ke moc ka moc ceñ kondom.

Yeja Cë Päť Bë Kondom Ceñ?

Röör juäac aa ceñ kondom.

Ye Kondom Ceñ Kadä?

- Kondoom a tööu ka tök cë kuöth rot, ka yeen apath ba kuöth kañ ñaath thok, ku duk kondom dhiäm kôu yī riöp
- Kondom ee rëer cë mat yic. A ba ya tiñ cīt alôn la niëkniëk cë riic yic ku le thok nullul, ku ee yen kondom cë kan këñ. Tiñ lon cī thoñ la nullul rot duöl loñ bī alon thīn loñ bī tē cë rot wël yīn. Apath ba deet keya rin bī yen rot njec cuoöth.
- Döm riec kôu ciël ku nyieec yic ciin bundit ku ciin nyuöth ke ciin ciël. Kën a bē yön mith looi ye thok. Kondom dëd a ye looi rëk bē thuoj de thöñ thīn thok rin bē lañ tē yöör bī mith wäl thīn tē wël moc.
- Cul a dhil kañ tööt ku jal kondom cuoöth. Ka kondom ñuot mat yic, ku ka yī cë thuoj de nyieec yic, tääu kondom cul nhom cë geeñ
- Jal kondom pen cul kôu ciin duun dëd (ciin bundit ku ciin nyuöth ke ciin ciël) rëk ba yëet cul cök
- Jal tuc kôu miök tē bī yen piath keya.
- Na ca thök ku cul a ñuot këc gua la nuaj ka döm kondom cul kôu rin bē cī weth wath yic ku cë mith wël wei, ku jöl cul miëet amäath bē yic cī pëth weeth

- Piööth kondom bei ku ruk yeth bē mith cī wël wei
- Kuäth warak ku tääu aditanyuoon yic. Duk cuet thönylaroor yic.

Muk Yī Nhom

- Ye kondom tööu tē cïn yic atuöc ku ruelaköl
- Ye nīn riëk yen kañ caath ku jal ceñ
- Caath kuöth lon cī yen kôu dhiäm wälä lon cī ye kañ ñaany thok
- Duk cul cöl kañ mur goot ka yī këc kondom gua cuoöth

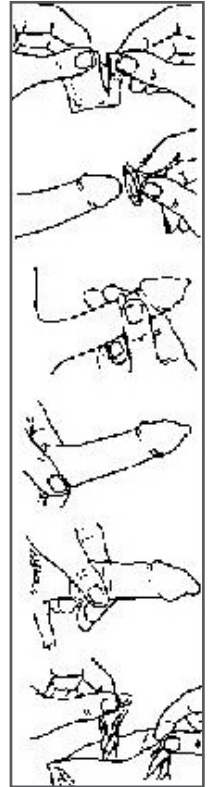
Leñ Kë Lëu Bë Wäac?

A cïn kë lëu bē wäac, tē cī yīn ye muön ke alôn litik wälä ke miök tuc yeen. Kën a ce rot lac looi.

A lëu ba yooe kondom cë looi poliüuretheen tē ye litik muön ke yīn wälä tē yen muön ke tiñ tēec wek.

Ba Kondoom Yök Kadä?

A lëu ba kondoom cë looi alôn litik yooe Bëeyakim ë Guiër Macthook, dukään wal yiic, bëeyakim ë pial guöp alonj töc, mäkana yëec rot, dukään dit yiic ku a lëu bē tuöc yīn dhël atuc. Kondoom këc looi alôn litik aa töu dukään dit yiic ku dukään wal yiic.



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loilooi ë kīim & lëk | piöoc & nyuuth | jác | guiër ë pinynhom

Aguir ë Guiër ë Macthook NSW a ce wëu luöoi bik dhiët ku wëu keen yen luui aa bën tën Amathöm ë Pialguöp NSW

Lëk töu athör këñ yic a cë gät ka ye kë lëk koc path ku cïn dëd lëu bī raan looi yeen. Aguir ë FNPNSW a cë kë riëec ebën guir rin bē lëk këñ ya lëk la cök ku tēu nyien kööl wäär gët yeen. Na lej raan dieer alonj tē deen bī yen dhiët thīn wälä alonj tē deen bī yen pial thīn tē tēec yen ke moc/ tik, ka yeen apath bē la tēn akiem de bē yeen la wëet ku kony yeen; tēdä ka lëu bē la Panakim ë Guiër Macthook.
Beeric: Pendhëtem 2014/FPNSW 06/14

Kä Ba Muk Yi Nhom

Kondom apath bi koc toc ARAK TÖK.

Kondoom aa riääk, ka yeen apath ba ke ya tööu tē lir thuat ku loi toc keek ka kööl deen riääk kēc wan, rin ye kek yiic reet tē cī kek ceŋ. Miök ye kondom toc ee dēd kondom cōl arēet yic.

Kondom ee bēn cē toc miök ku apath bē ben toc kōu miök cē liäāp ke pīu.

Na ca nhom määar kondom, tēdā ka yīn a diu ciēt kēc luon de looi, cēmēn tē cī yen yic reet wälā tē cī yen piöōth bei, ka lēu ba ʒoc pil gēl liēny cuōŋ tik (ECP) dukān wal yic. Tik a lēu bē ECP dek thää 120 yic tēn tēēc yen ke moc ka kēc rot tiit liēc, rin tēkdā ka bē liēc gēl.

Na wic ba lēk kōk yōk

- *Jaam kek aguir ē Guiēr ē Maçthok NSW telepun ē jam 1300 658 886 wälā nem lökayukar: www.fpnsw.org.au/talkline*
- *NRS (raan cīn ye yic) 133 677*
- *Wälā lōc Panakīm ē Guiēr ē Maçthok töu akeunhom*

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Aguir ē Guiēr ē Maçthok NSW a ce wēu luōi bik dhiēt ku wēu keen yen luui aa bēn tēn Amatnhōm ē Pialguōp NSW

Lēk tōu athōr kēn yic a cē gāt ka ye kē lēk koc path ku cīn dēd lēu bī raan looi yeen. Aguir ē FNPNSW a cē kē riēēc ebēn guir rin bē lēk kēn ya lēk la cōk ku tēu nyien kööl wäär gēt yeen. Na leŋ raan dieer alōŋ tē deen bī yen dhiēt thīn wälā alōŋ tē deen bī yen pial thīn tē tēēc yen ke moc/tik, ka yeen apath bē la tēn akiēm de bē yeen la wēēt ku kony yeen; tēdā ka lēu bē la Panakīm ē Guiēr Maçthok.

Beeric: Pendhētem 2014/FPNSW 06/14

Fact Sheet - English

THE MALE CONDOM



What Is The Male Condom?

The male condom is a tube of fine latex rubber which is closed at one end. It is worn on an erect (stiff) penis during sex, to prevent pregnancy. There are also non-latex male condoms made from a material called polyurethane. The male condom is usually just called a 'condom'. Condoms also help to prevent sexually transmissible infections (STIs), including HIV.



How Does A Condom Work?

It catches the semen when the man ejaculates. Then the sperm in the semen cannot travel up to meet an egg and start a pregnancy.

How Well Does It Work?

Condoms can work very well if they are used correctly every time. They are between 82% and 98% effective, depending how well they are used. This means that if 100 couples use them for a year then between 2 and 18 women will become pregnant.

Who Can Use A Condom?

Most men can use a condom.

How Do You Use A Condom?

- Condoms are individually wrapped in packets, so first carefully open the packet, making sure you do not tear the condom with your fingernails
- The condom will be rolled up. It will look like a circle of loose fine rubber with a thick rim, which is actually the rolled up condom. Make sure the rim is rolled towards the centre on the side facing you. This is important as it will then roll down properly
- Hold and squeeze the centre of the circle where the condom is loose, with your thumb and first two fingers. This will make space for the semen when you come. Some condoms have a special shape like a nipple at the end especially for this purpose
- The penis must be erect before you put on the condom. With the condom still rolled up, and while still holding the tip, put the condom on the head of the penis like a cap
- Using your other hand (thumb and first two fingers), roll the condom all the way down to the base of the penis
- Put some additional water-based lubricant on the outside of the condom if required



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- After sex and before the penis has become soft, hold onto the condom at the base of the penis so that the condom does not come off, and semen does not leak out, and carefully pull away from your partner
- Take off the condom and tie a knot in the open end to keep the semen inside the condom
- Wrap the condom in a tissue or some paper, and put it in the bin. Do not flush it down the toilet



Remember:

- Store condoms away from heat and sunlight
- Check the expiry date on the pack before you use it
- Check that the condom packet has not been torn or opened
- Do not have any genital contact before you put the condom on

Are There Any Side Effects?

There are no side effects, unless you are allergic to latex rubber or to the lubricant. This is very rare.

You can use non-latex polyurethane condoms as an alternative if you, or your partner, are allergic to latex rubber.

How Do You Get Condoms?

You can buy latex condoms from Family Planning Clinics, pharmacies, sexual health clinics, vending machines, supermarkets and by mail order. Non-latex condoms are available at most large supermarkets and pharmacies.

Things To Remember

A condom should be used **ONE TIME ONLY**.

Condoms can perish so keep them in a cool place and use them before the expiry date, otherwise they may break. Oil based lubricants can also make latex condoms break.

Condoms are self-lubricated but additional water-based lubricants can be also be used on the outside of the condom.

If you forget to use a condom, or you think it has not worked e.g. it breaks or slips off during sex, you can buy the emergency contraceptive pill (ECP) from a pharmacy. A woman can take the ECP within 120 hours after unprotected sex, to reduce the chance of pregnancy.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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Family Planning WA 08 9227 6177 | Family Planning Welfare Association of NT 08 8948 0144

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