

Fact Sheet - Swahili

KIPIRA CHA MWANAUME

The Male Condom



Kipira Cha Mwanaume Ni Nini?

Hiki ni kifuko chembamba ambacho mume huvaa kufunika mboo, kuzuia mimba. Pia kuna mipira isiyo na mafuta iliyotengenezwa kwa plastiki. Mipira ya waume huitwa kifuko cha kiume. Kifuko hiki huzuia pia uambukizaji wa magonjwa ya zinaa na pia virusi vya ukimwi.

Jinsi Kipira Cha Kiume Hutumiwa.

Kipira hiki huhakikisha sahjawa haiwezi kukutana na yai la kike kusababisha mimba.

Jinsi Inavyofanya Kazi.

Vifuko hivi hufanya kazi vyema iwapo utazingatia maagizo. Mipira hii hufanya kazi asilimia 82 na 98 bila tahashwishi yeyote. Kati ya wachumba mia moja wanaotumia njia hii kwa mwaka ni wanawake 2 hadi 18 wanaopata ujauzito.

Ni Nani Anaweza Kutumia Mpira?

Wanaume wengi wanaweza kutumia mpira.

Jinsi Ya Kutumia Mpira.

- Mipira hupakiwa moja moja innafaa kufunguliwa kwa makini bila kuraruliwa na makucha ya vidole.
- Kipira hiki husukumwa kikiwa mviringo kuelekea juu kwa upande wako. Hii ina maana kwa sababu kipira hufunguka kwa njia nzuri.
- Shika na ufinye katikati ya mpira kwa vidole viwili.
- Hii nafasi ya ndani itashikilia maji maji ya uzazi yanapotoka. Mipira ingine imetengenezwa na nafasi ya kubeba hayo maji.
- Mboo lazima iwe imesimama wima ndipo mpira uingizwe. Mpira ukifunguliwa weka mpira nje ya mboo kama kuvalisha kichwa kofia.

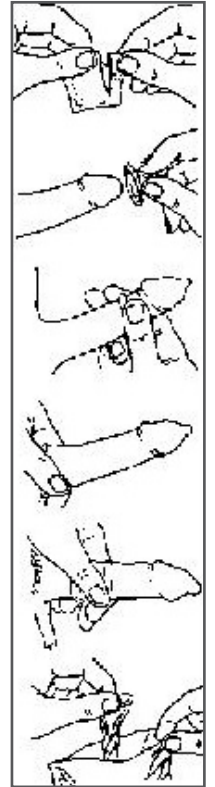
- Ukitumia mkono ule mwingine kutumia vidole viwili teremsha kwa mboo hadi mwisho.
- Paka mafuta nje ya mpira kama kuna hitaji.
- Baada ya kitendo cha ngono, kama mboo bado ni ngumu shika kipira pamoja na mboo na utoe ndani ya uzazi ya mke.
- Toa mpira na ufunge mdomo wa kipira ili maji hayo yabaki ndani ya kifuko.
- Funga kifuko hicho ndani ya karatasi na uweke kwa pipa la taka. Usiyeyuishe na maji ya choo.

Kumbuka:?

- Weka mpira mbali na joto na jua kali
- Angalia tarehe ya mwisho ya matumizi yake.
- Chunguza pakiti ya mpira kuna kuwa haijafunguliwa.
- Usiwe na uhusiano wowote kabla ya kuvaa mpira.

Je, Kuna Madhara Yoyote?

Hakuna madhara yoyote ila tu kama hujikuna sababu ya mipira hiyo au mafuta. Lakini ni nadra. Unaweza kutumia mipira isiyosababisha kujikuna kwako au kwa mwenzako.



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huduma za kliniki na habari | elimu na mafunzo | utafiti | maendelo ya kimataifa

Huduma wa upangaji wa uzazi NSW ni shirikia isiyo ya faida inayofadhiliwa na wizara ya afya NSW

Maelezo haya yote imetolewa kwa madhumuni ya elimu tu-FNPNSW imehakikisha kwamba maelezo yote ni sahihi hadi tarehe ya kuchapishwa. Watu wenye wana wasiwasi kuhusu suala la afya yao ya uzazi au ngono wana hamasishwa ama kutiwa moyo kutafuta ushauri na usaidizi kutoka kwa huduma ya afya au kutembelea kliniki ya upangaji uzazi
Imerejelewa: Juni 2014 / FPNSW 06/14

Mipira Hii Hupatikana Wapi?

Unaweza kununua mipira hii kwenye vituo vya kupanga uzazi, maduka ya madawa, votuo vya afya vinavyohusika na mambo ya ngono.

Mambo Ya Kukumbuka.

Kipira hiki hakipaswi kutumiwa zaidi ya MARA MOJA.

Mipira inaweza haribika kwa hiyo weka mahali baridi, tumia kabla ya muda wake kuisha kwa sababu inaweza kupasuka. Mafuta yanaweza kufanya mipira hii ipasuke.

Mipira huwa na mafuta, lakini pia mafuta inaweza kupakwa nje ya mpira.

Iwapo ulisahau kutumia kifuko hiki au unafikiria hakikufanya kazi ipasavyo basi unaweza kununua dawa za huduma ya dharura kati ya masaa 120 kupunguza hatari za kupata uja uzito.

Kwa Maelezo Zaidi

- Wasiliana na upangaji uzazi NSW Simu 1300 658 886 au www.fpnsw.org.au/talkline
- NRS (viziwi) 133 677
- Au tembelea kituo kituo cha upangaji uzazi kilicho karibu nawe.

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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

Sexual Health and Family Planning ACT 02 6247 3077 | SHine SA 08 8300 5300