



CycleBeads®

QORSHAYNTA DABIICIGA AH EE QOYSKA, OO WAX-TAR LEH

Waa maxay CycleBeads?

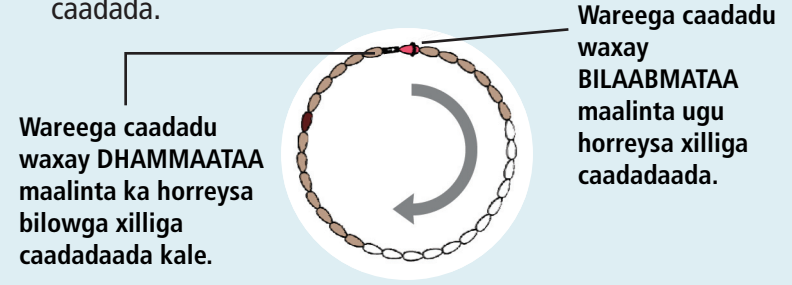
- ◆ CycleBeads waa kuulo taxan oo midabbo kala duwan leh.
- ◆ Midabbada CycleBeads waxay kaa caawinayaan in aad ogaato maalmaha ay u badantahay in aad uur yeelato.
- ◆ Waxay kale oo ay kaa caawinayaan in aad ogaato maalmaha aanay u badnayn in aad uur yeelato.
- ◆ Si aadan uur u yeelan ha samayn galmo maalmaha ay u badantahay in aad uur yeelato.



CycleBeads waxa ay ku salaysan tahay qaab dabiici ah oo loo qorsheeyo goyska, kaas oo boqolkiiba 95 sidii la rabay wax u tara haddii si sax ah loo isticmaalo. Taasi macnaheedu waa 100-kiiba 5 dumar ah oo keliya ayaa uur yeelan kara marka si sax ah loo isticmaalo qaabkan.

CycleBeads iyo Wareega Caadada

- ◆ CycleBeads waxay u taagan tahay wareega caadada dumarka.
- ◆ Kuusha xabbad kasta waa maalin ka mid ah wareega caadada.



Wareega caadadaadu la mid ma aha xilliga ay caadada kugu dhacdo. Xilliga caadadaadu waa inta dhiiga caadadaadu kaa socoto. Wareega caadadaadu waa maalinta u horreysa xilliga caadada ilaa maalin ka hor bilowga xilliga caadada kale.



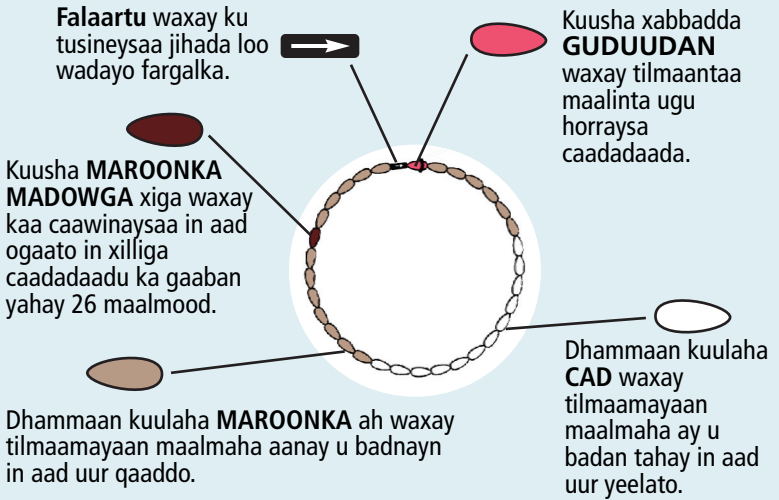
CycleBeads®

- ◆ CycleBeads kaama badbaadiso HIV/AIDS-ka ama guud ahaan cudurrada galmada lagu kala qaaddo.
- ◆ CycleBeads ma aha shay lagu ciyaaro. Sidaas daraadeed waa in lagu xafido meel dhawrsan, oo ka fog carruurta.

Batantaha Maraykanku waa No. 6.747.917 B2. Batantaha Ajnabiga go'aan wali laga ma gaarin. Soo saaruhu waa Cycle Technologies, Inc., Washington DC, 20015. Qayb-Qaybintani shati ayey hoos imanaysa.®

Muxuu yahay macnaha midabadani?

CycleBeads waa 32 xabbo oo kuul taxan ah, hal faraanti caag ah iyo dhululubo falaar ku sawiran yahay.



Yaa isticmaali kara CycleBeads si aanay u qaadin uur?

- ◆ Dumarka wareega caadadoodu u dhexayso 26 iyo 32 maalmood.

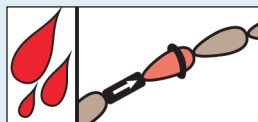


- ◆ Labada is-qaba oo wada hadla iskuna raaca in aanay samayn galmo maalmaha ay u badan tahay in haweeneydu uur qaaddo.



Sidee u isticmaalaysaa CycleBeads?

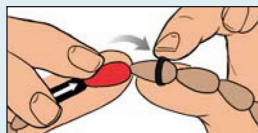
1. Maalinta aad caadadaada heshid u wareeji fargalka kuusha GUDUUDAN.



2. Isla markaana, ku calaamadee maalintaa kalendarkaaga.



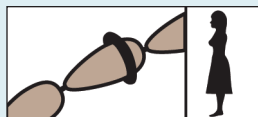
3. Wareeji fargalka hal kuul maalin walba. Wareeji xataa maalmaha aad caadada leedahay.



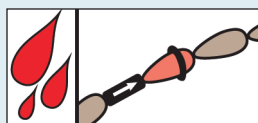
4. Ha samayn galmo adiga oo aan is ilaalin marka uu fargalku dul taagan yahay kuulaha CAD. Uur ayaad qaadi kartaa maalmahaa. Haddii aad dooneyso inaad galmo sameysid, waxaad isticmaali kartaa, kondoom (ama "caag"), mini-dile (xabag shahwada disha), ama soo saarida (withdrawal) inta ay manida ama shahwada ay san ku gaarin.



5. Waad samayn kartaa galmo marka uu fargalku dul taagan yahay kuulaha MAROONKA ah. Uma badna in aad uur qaaddo maalmahaa.



6. U wareeji fargalka dhinaca kuusha GUDUUDAN mar kale maalinta u horraysa xilliga caadada kale. Ka bood dhammaan inta kuulaha ka harsan.



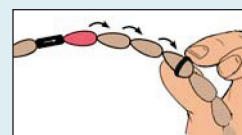
Maxaad yeeli haddii aad illowdo in aad wareejiso fargalka?

Waa muhiim inaad xasuusatid wareejinta fargalka maalin kasta. Haddii aad illowdo in aad fargalka wareejiso, waa inaad raacdaa tallaabooyinkan:

Ka hubi kalendarkaaga maalintii aad heshay caadadaadii ugu dambeysey.

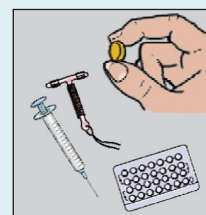
Laga bilaabo maalintaa, tiri inta maalmood ee ka soo gudubtay ilaa maanta, adigoo maantana ku daraya.

Kadibna ka bilow kuusha guduudan, oo tiri kuulaha in la mid ah tirada maalmaha la soo dhaafay markaana u wareeji fargalka kuusha maanta.



Waxaa dhici karta inaad muddo sugtid ka hor inta aanad CycleBeads isticmaalin.

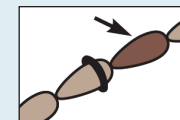
- ◆ Haddii aad dhawaan ilmo dhashay ama aad naaska nuujinayso, la xiriir dhaqtarkaaga ama kalkaalisadaada ka hor inta aanad CycleBeads isticmaalin.
- ◆ Haddii aad dhawaan isticmaashay hab kale oo lagu qorsheeyo qoyska, la xiriir dhaqtarkaaga ama kalkaalisadaada ka hor inta aanad CycleBeads isticmaalin.



Mararkan oo kale waa inaad wax badan ka ogaataa wareega caadadaada. La xiriir kartaa dhaqtarkaaga ama kalkaalisadaada.

Goormaad la xiriiri kartaa dhaqtarkaaga ama kalkaalisadaada.

- ◆ Haddii adiga oo aan is ilaalin galmootay maalin ay kuusha **CAD** taagan tahay, la xiriir dhaqtarkaaga ama kalkaalisadaada.
- ◆ Haddii aad is dhahdo uur ayaad qaadday sababtuna tahay caadada oo aan kuu bilaabmin, la xiriir dhaqtarkaaga ama kalkaalisadaada.
- ◆ Haddii xilligii caadadaadu uu kuu bilaabmo adiga oo aan gaarin kuulaha **MAROONKA MADOWGA** xiga, taasi micnaheedu waa wareega caadadaadu way ka yar yahay 26 maalmood. La xiriir dhaqtarkaaga ama kalkaalisadaada.
- ◆ Haddii xilligii caadadaadu uuna kuu bilaabmin **MAALIN KADIB** markaad gaadho kuusha maroonka ah tan ugu danbaysa, taasi micnaheedu waa wareega caadadaadu way ka badan tahay 32 maalmood. La xiriir dhaqtarkaaga ama kalkaalisadaada.



CycleBeads waxba kuuma tarayso hadii wareega caadadaadu ay ka yar tahay 26 maalmood ama ay ka badan tahay 32 maalmood.

Xusuusnow

Si ay CycleBeads wax kuu tarto:

- ✓ Wareega caadadaadu waa inay markasta u dhexeeyaan **26 iyo 32 maalmood**.
- ✓ Bilow isticmaalka CycleBeads maalinta xilliga caadadaadu bilaabmo.
- ✓ Wareeji fargalka maalin kasta.
- ✓ Ha samayn galmo adiga oo aan is ilaalin maalmaha kuulaha **CAD**.