JAR FULAWATA



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Wallafawar: Population Services International (PSI) Nigeria
Bugu Na Farko 2025

Hakkin Mallaka.
Ba a yarda wani ya buga wannan littafi ba ko wani bangare nasa ko ya raba shi ko ya yada shi ta kowacce irin hanya kamar yin fotokwafi ko ta sauran hanyoyin sadarwa na zamani ba tare da samun rubutaccen izini aga asalin mawallafin ba.

JAR FULAWATA



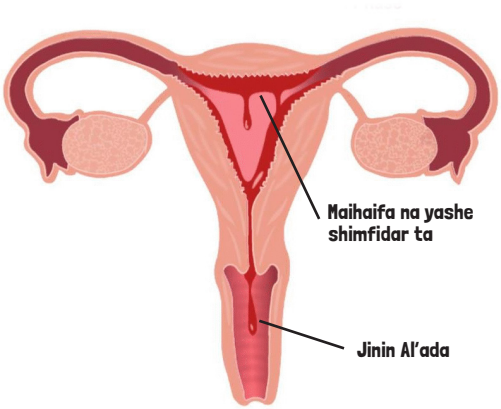
Mene ne Jinin Al'ada?

Jinin al'ada ko jinin haila wani yanayi ne na dabi'a wanda gangar jikin (mace) take fitar da jini daga cikin mahaifa. Yana zuwa ne wata-wata kuma yana xaukar kwanaki 2-7.



Yaya Jinin Al'ada Yake Faruwa?

Kowanne wata mahaifa tana shiryawa domin karvar jariri ta hanyar samar da wata shimfida. Idan ya zamo babu kwan da za a kyanqyashe, sai gangar jikin ta fitar shimfidar tare da kwan da ba a kyanqyashe ba a matsayin jini ta gaban mace.



Gamagarin Alamomi

Me za ki iya tsammani?



Canjin yanayi ko saurin hasala.



Ciwon mara ciki daga kasa



Nauyin ko zafin nono



Gajiya ko ciwon kai

- Sauran alamomin sun haxar da amai da gudawa da sauransu
- Jin kowanne daya daga cikin waxannan alamomi ba matsala ba ne.
- Jin alamomin ya bambanta ga kowacce yarinya, wasu yaran ba sa jin kowacce alama wasu kuma suna jin alamomi saukake.
- Idan alamomin suka tsananta, ki yi magana da wani babba amintacce ko kuma ma'aikacin lafiya.

Rage Rashin Walwala

Ciwon mara da rashin walwala abubuwa ne gamagari. Ga yadda za ki sami rangwame:



Mataki Na 1:

Ki yi amfani da roban ruwa mai zafi a kasan mara



Mataki Na 2:

Ki zamo cikin kazar-kazar ta hanyar motsa jiki sassauka kamar tafiya.



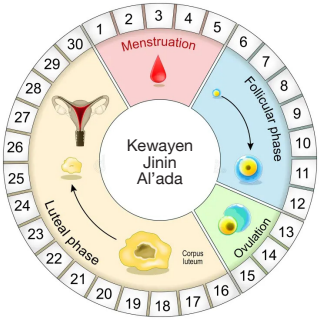
Mataki Na 3:
Ki dinga cin abinci mai kara lafiya kuma ki dinga shan wadataccen ruwa.

Mataki Na 4:
Ki dinga hutawa duk lokacin da kika ji bukatar hakan.



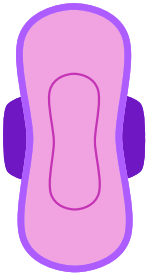
Kewayen Jinin Al'ada

Kewayen jinin al'ada wani yanayi ne na sakin kwai wata-wata (kyanqyasa), shimfidar mahaifa tana yin kauri kuma idan juna-biyu bai afku ba, sai shimfidar ta dinga fitar da jini (wato jinin al'ada). Kewayen jinin al'ada yakan sha bamban tsakanin kwanaki 21-35. Yakan kai tsawon kwanaki 28 a tsakatsaki.



Kwanaki (1-5): Kin fara jinin al'ada
Kwanaki (6-14): kwai suna karuwa sannan su girma
Kwanaki (13-14): Kwai ze Kyankyasa
Kwanaki (15-28): Jiki ze shirya ma zuwan sabon kewayen al'ada

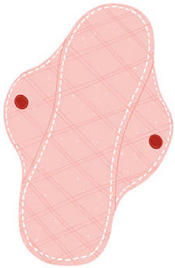
Ire-iren Abubuwan Amfani Na Jinin Al'ada



Kunzugun Jefarwa Bayan Amfani Da Shi



Audugar Al'ada



Kunzugu Dan Wanki



Abin Da Ke Tsotse Jinin Al'ada



Dan banten Al'ada

Yaya Za Ki Yi Amfani Da Abubuwan Jefarwa Yadda Ya Dace

Mataki Na 1:
Ki wanke hannuwanki da ruwa da sabulu kafin da kuma bayan canja kunzugunki.



Mataki Na 2:
Ki nemi abubuwan amfani na jefarwa bayan amfani kamar (kunzugun jefarwa bayan amfani da shi ko audugar al'ada) da dan bante.



Mataki Na 3:
Ki bi umarnin amfani da kayan amfanin (kamar yadda masana'antar da ta yi su ta nuna).

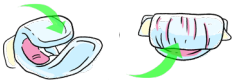


Mataki Na 4:
Ki dinga saka dan bante a saman kugunki.



Yaya za ki jefar da abin da kika yi amfani da shi a lokacin jinin al'ada

Mataki Na 1:
A cire kunzugun da aka yi amfani da shi a ninke a nitse ko a ciro audugar tsotse jinin a hankali.



Mataki Na 2:
A nannaxe kunzugun ko audugar tsotse jinin a cikin kakkaurar takarda ko baqar leda.



Mataki Na 3:
Sai a jefa a cikin kwandon sharar da aka ajiye domin jefar da audugar jinin al;ada.



Mataki Na 4:
Kada a kora kunzugu da audugar tsotse jini ta masai (shadda) a bandaki. Saboda suna iya toshe magudanar ruwa wadda yake cutar da muhalli.



Yadda za ki yi amfani da abubuwan da ake sake yin amfani da su

Abin Da Ke Tsotse Jinin Al'ada

Mataki Na 1:
Ki wanke hannuwanki da sabulu da ruwa kafin amfani da matsotsin.



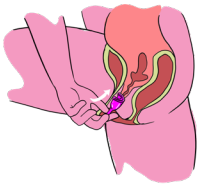
Mataki Na 2:
Yayin farkon fara amfani da matsotsin, za ki iya zuba ruwa ko abu mai ruwa–ruwa domin sauqaqa zirawa.



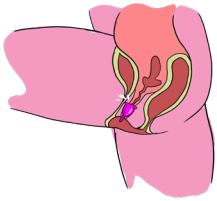
Mataki Na 3:
Ki matse ba kin matsotsin ya zamo kamar yanayin harafin "C" ko "U". Sannan sai ki riqe matsotsin da hannun da kika fi jin daxin riqewa da shi.



Mataki Na 4:
Za ki iya zira matsotsin kina daga zaune ko a tsaye ko a duqe; bude kafafuwanki zai taimaka wajen zirawa.



Mataki Na 5:
Ki tura matsotsin a hankali da yatsanki har sai ya shige gabadayansa har da tsininsa.



Yadda za ki yi amfani da abin da ake sake yin amfani da shi

Reusable Pad

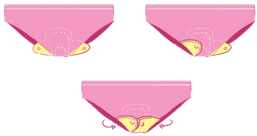
Mataki Na 1:
Ki wanke hannuwanki da sabulu da ruwa kafin amfani da kunzugun da ake sake amfani da shi.



Mataki Na 2:
Ki zabi kalar kunzugun da ake sake amfani da shi mafi dacewa da yanayin kwararowar jininki misali: kadan ko tsakatsaki ko mai kwarara da yawa.



Mataki Na 3:
Ki manna kunzugun a jikin xan bantenki sannan ki makale igiyoyin a bayan dan banten sai ki daure su domin tabbatar da tsaron kunzugun.



Yadda za ki yi amfani da abin da ake sake yin amfani da shi

Dan Bante Al'ada

Mataki Na 1:
Ki wanke hannuwanki da sabulu da ruwa kafin amfani dan bante al'adarki.



Mataki Na 2:
Ki saka wandon jinin al'adarki kamar yadda kike saka dan bantenki. Kuma kina iya daidaita shi daidai da walwalarki da sakewarki.



Yadda za ki Tsaftace Abubuwan Da Ake Sake Yin Amfani Da Su

Qunzugun Da Ake Sake Amfani Da Shi / Dan Bante Al'ada

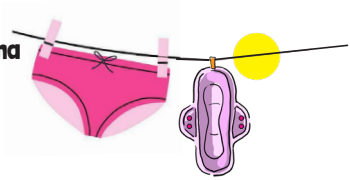
Mataki Na 1:
Ki wanke jinin a ruwa mai gudana ko ki saka a cikin baho ko bokiti domin ki gusar da jinin.



Mataki Na 2:
Ki wanke shi a nitse da sabulu a ruwa mai gudana ko kuma a cikin bokiti.



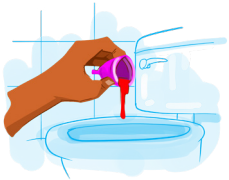
Mataki Na 3:
Ki shanya su a cikin rana amma nesa da hayaki da tsayayyen ruwa da indararo.



Yadda za ki Tsaftace Abubuwan Da Ake Sake Yin Amfani Da Su

Matsotsin Jinin Al'ada

Mataki Na 1:
Ki ciro matsotsin sannan ki zubar da jinin a cikin bandaki.



Mataki Na 2:
Ki dauraye shi da tsaftataccen ruwa sannan ki ki yi amfani da sabulu mai sauqin maiko ko kuma marar maiko domin tsaftace shi cikin sauri.



Ki ajiye a cikin jaka har lokacin da zaki sake amfani dashi.



Jinin Al'ada Ba Matsala Ba Ne



Abin Alfahari Ne.
Mu saba da tattaunawa a kai kuma mu tashi tare don kawo CANJI.

‘Gwargwadon saninki da jinin al’adarki, gwargwadon kwazonki a kansa’.

Ku yi tambaya.
Ku nemi sani.
Ku tallafi juna.

Ku bibiye mu ta:



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