fc2 FHC

Konke mayelana nekhondomu yabantu besifazane i FC2

Female Condom
ASK ME ABOUT FC2!

Konke

mayelana nekhondomu yabantu besifazane iFC2

yesivuthevuthe socansi oluphephile

Uma uqala ukukhuluma nabantu ngekhondomu yabantu besifazane iFC2, imvamisa baba nemibuzo eminingi ngayo. Nalapho sebeqalile ukuyisebenzisa, kungenzeka babe neminye futhi imibuzo eminingi. Lo mbhalo ukunikeza izimpendulo zayo yonke leyo mibuzo. Ukukusiza ukuba uzithole kalula izimpendulo okuyizonazona, sizehlukanise zaba yilezi zigaba ezilandelayo:

1. Ulwazi ngeFC2
2. Abasebenzisi beFC2
3. Ukufakwa kweFC2
4. I-FC2 ngenkathi kujatshuliswana
5. I-FC2 ihlanganiswe nezinye izindlela zokugwema ukukhulelwa
6. Indlela yokusebenzisa ikhondomu yabantu besifazane iFC2

ASK ME
ABOUT

1 Ulwazi ngeFC2

Yini ikhondomu yabantu besifazane iFC2?

I-FC2 yikhondomu ethambile, eshelelayo eqinile eyenziwe ngamakhemikhali efakwa ngaphakathi emomozini. Ingumbhobho wesikhwama okhanya ngale ongu-17cm noma cishe 6.5 in ubude onendingilizi engaphakathi evuma ekwenziswayo kanye nenye indingilizi engaphandle esongiwe. Indingilizi engaphakathi lapho ikhondomu ivaleke ngakhona isetshenziselwa ukufaka iFC2. Isebenza nokubamba ikhondomu ihlale isendaweni yayo ngenkathi kujatshuliswana. Indingilizi engaphandle enkudlwana engalapho ikhondomu ivuleke ngakhona ihlala ngaphandle kwemomozi.

- I-FC2 ihlala ithi ne emomozini imboze ekungeneni kwesibeletho. Ikhongozela isidoda uma esethundile, inqande ukukhulelwa okungahlosiwe, ibe lihawu futhi emagciwaneni adala izifo ezithathelwana ngokocansi, kuzo okubalwa negciwane elandulela ingculazi, iHIV.
- I-FC2 yengeza ukuvikeleka ezifweni ezithathelwana ngokocansi ngokwemboza izitho zobulili ezingaphandle zomuntu wesifazane nangokwemboza lapho kumile khona umphambili.

Iphephile nje iFC2?

- Ukuhlola kuveze ukuthi iFC2 yindlela ephephile futhi esebenzayo yokuvimbela ukukhulelwa okungahlosiwe nezifo ezithathelwana ngokocansi, kuzo okubalwa negciwane elandulela ingculazi, iHIV.
- I-FC2 isebenza kahle njengezinye izindlela zokuvimbela uma isetshenziswa kahle futhi isetshenziswa njalo.
- Leyo naleyo khondomu yabantu besifazane iFC2 ihlolwe ngekhompiyutha ukuqinisekisa iqophelo.
- I-FC2 ihlolwe ngokweqophelo le-ISO 10993 elifaka nokuhlolela ukuzwana nezinye izicubu nezitho zomzimba, ubuthi obudla izicubu ezithile, ukuguquka kwesimo sezicubu, ukwexwaya kwezicubu okuqale kamuva, ukushoshozela nezimpawu zobuthi kwezinye izicubu nezitho zomzimba.
- Ikhondomu yabantu besifazane iFC2 iseqophelweni eliphezulu elibekwe zinhlaka zempilo emhlabeni ezifana neFDA neWHO.

Kungani kufanele sisebenzise iFC2?

Ziningi izizathu ezithokozisayo zokusebenzisa iFC2; nazi ezinye zazo:

- I-FC2 yindlela evikela kabili. Lokhu kusho ukuthi ivikela ekukhulelweni nasezifweni ezithathelwana ngokocansi, okubala negciwane elandulela ingculazi, iHIV. I-FC2 yenza abantu besifazane nabesilisa baluthokozele ngokukhululeka ucansi bengesabi miphumela emibi.
- I-FC2 ingashuthekwa ngaphambi nje kokuba kujatshuliswane. Lokhu kusho ukuthi awudingi kuphazamisa kuwotawotwa ufakana nekhondomu.
- I-FC2 yakhelwe ukungena ithi khaxa ngaphakathi emomozini umphambili bese uzigijimela ngokuthanda ngaphakathi kwekhondomu ngenkathi kujatshuliswana.
- I-FC2 iyashesha ukushisa njengomzimba womuntu ngakho izwakala ifudumele sengathi ngeyemvelo.
- I-FC2 inamafutha okushelelisa. Uma uthanda, ungenezela amanye noma ngabe axutshwa namanzi ngaphakathi kwekhondomu noma ngaphandle kumbe ugcobe wona kanye umphambili. Lokhu kungenza ifakeke kalula kuthi nomphambili uzishelelele nje uphuma ungena ngesikhathi kujatshuliswana.
- I-FC2 umzimba kawuyexwayi uyikhahlele njengento eyingozi futhi ikahle kakhulu kulabo imizimba yabo engezwani nelatex.
- Umphambili akudingeki kuze kube ume mpo ukuze kusetshenziswe iFC2, futhi kakudingeki ukhishwe khona manjalo uma sekuqediwe obekwenziwa.
- Abesilisa nabesifazane bangakujabulela ukufaka iFC2 bendawonye. Izindingilizi ezimbili zingenezela ebumnandini ngenkathi kujatshuliswana. Abanye abantu besilisa kuyabajabulisa ukudamane bethinta le ndingilizi engaphakathi yekhondomu, kanti abesifazane bona bangajabulela le engaphandle lapho ibathinta ubhontshisi.

I-FC2 idinga ukugcinwa endaweni ekhethekile?

I-FC2 kayilinyazwa yizinga lokushisa eliphezulu noma umsokama ngakho ayidingi ndawo yekhethelo yokuyigcina.

I-FC2 yehlukene yini ngobukhulu?

Cha. I-FC2 ilingana wonke umuntu wesifazane akukhathaleki ukuthi ungakanani kumbe umi kanjani.

Kungani iFC2 ibukeka yehlukile kwikhondomu yabantu besilisa?

I-FC2 yakhelwe ukungena khaxa ngaphakathi ithinte ingaphakathi lemomozi, ukuze umphambili uziguduzele umathanda ngaphakathi ngenkathi kujatshuliswana. Ivikela nasezifweni ezithathelwana ngokocansi ngokwemboza izitho zobulili ezingaphandle zomuntu wesifazane nalapho kumile khona umphambili.

Mafutha mani okushelelisa angasetshenziswa neFC2?

I-FC2 ifika igcotshwe amafutha angayibulali imbewu yowesilisa enziwe ngesilicone. Ungenezela amanye noma asebenza kanye namanzi ngaphakathi kwekhondomu noma ngaphandle kumbe ugcobe wona kanye umphambili.

2 Abasebenzisi beFC2

Ngobani abangasebenzisa iFC2?

IFC2 yindlela eshaya khona yesivuthevuthe socansi oluphephile kubo bonke abantu besifazane nabesilisa abakhuthalele ukuya ocansini. Futhi iFC2 ingasetshenziswa:

- Ngabesilisa nabesifazane abangezwani nelatex.
- Ngabesifazane abasesikhathini.
- Ngabesifazane abakhulelwe.
- Ngabesifazane abasanda kubeletha.
- Ngabesifazane abakhishwe isibeletho.

Kungani kudingekile ukuba abantu besifazane bakwazi ukuthola iFC2?

Ezindaweni eziningi abantu besifazane kuncane abangakusho kumbe kabanazwi ezindabeni ezithinta ucansi futhi kabakwazi ukucela omaqondana babo ukuba bangayi ocansini nabanye kumbe ukubeka izwi ngokusetshenziswa kwekhondomu yabantu besilisa. Okwamanje ikhondomu yabantu besifazane kuseyiyona yodwa indlela engasetshenziswa ngabantu besifazane ngokwabo ukuzivikela okukabili ezifweni ezithathelwana ngokocansi, phakathi kwazo okubalwa negciwane elandulela ingculazi, iHIV kanye nasekukhulelweni bengaqondile. Ngakho iFC2 yelekelela ekubeni abantu besifazane bazizwe bebambe amatomu benikwe nethuba futhi ibanika nolunye ulwazi ngemizimba yabo. I-FC2 isiza ekwenzeni ngcono ukuxhumana phakathi kwabantu besilisa nabesifazane.

Abantu abangezwani nelatex bangayisebenzisa iFC2?

I-FC2 yenziwa ngenitrile polymer okuyikhemikhali ehlolisiswe kwajulwa kwabonakala ukuthi umzimba kawuyexwayi. Ikahle kakhulu kwabesilisa nabesifazane abangezwani nelatex.

I-FC2 angayisebenzisa umuntu okhulelwe?

Kuphephile ukusebenzisa i FC2 uma ukhulelwe.

I-FC2 angayisebenzisa umuntu osesikhathini?

Ungayisebenzisa i-FC2 ngisho usesikhathini kodwa mhlawumbe ungayifaka senizoqala ukujabulisana bese uyikhipha lapho niqeda ngoba kayikuvimbi ukunyenya kwegazi.

I-FC2 ifakwa ngemuva kwesikhathi esingakanani umuntu ebelethe?

I-FC2 ungayifaka noma nini uma usulungele ukuya ocansini. Ilungile impela ngalesi sikhathi ngenkathi zingasebenziseki ezinye izindlela zokuvimbela ukukhulelwa.

Isetshenziswa kanjani i-FC2 ukuya ocansini embotsheni yangemuva?

Akwenziwe lucwaningo ngokusebenza kahle kweFC2 uma isetshenziselwa ukuya ocansini embotsheni yangemuva; kayincomeki ukusetshenziselwa ukuya ocansini embotsheni yangemuva. Kodwa izinhlangano zomphakathi zempilo eziningi ziyigqugquzela ngelikhulu iqholo ekusetshenziselweni ukuya ocansini embotsheni yangemuva. Lezi zinhlangano zithi kumele ishuthekwe embotsheni yangemuva kukhishwe indingilizi engaphakathi ngaphambi kokuba kujatshuliswane. Kungenzeka nokuba kuqalwe kukhishwe indingilizi engaphakathi ikhondomu bese igqokiswa umphambili usumi mpo. Abanye abantu besilisa indingilizi bayifaka kuwo kanye umphambili ukuze ibambelele kangcono.

Iyasebenziseka i-FC2 ngisho umuntu enomphambili omude ngaphezu kokwejwayelekile?

I-FC2 ihlolwe ezincwaningweni eziningi emazweni amaningi nezinhlanga nezizwe ezehlukene. Kwatholakala ukuthi ilungele konke ukuma nobukhulu babantu besifazane nabesilisa.

3 Ukufakwa kweFC2

Kulula ukusebenzisa iFC2?

Njenganoma yini entsha, kungadingeka ukwejwayela kodwa khumbula ukuthi kufundwa ngokwenza. Yizame kuze kube kathathu i-FC2 okungenani. Thola indlela yokuma ezwana nawe ukuze ushutheke iFC2. Kungenzeka bume, uhleli, uqosheme noma ulele. Namuphi komaqondana angayifaka iFC2. Nifakane kamnandi-ke!

Ifakwa nini iFC2?

I-FC2 ingafakwa kusasele amahora ambalwa kusuke lokho noma uma sekuyiwo umzuzu womshikashika futhi kakudingeki ukuba ikhishwe khona manjalo uma kuqedwa.

Wazi kanjani ukuthi iFC2 ifakeke ngokuyiko?

Ungezwa ukuthi akukho yini ukungazizwa kahle. Indingilizi engaphandle kumele ithi mba embotsheni yemomozi. I-FC2 yona ihlale ithi thaqa ngaphakathi emomozini.

Kungenzeka yini iFC2 ilahleke ngaphakathi emzimbeni?

Cha. I-iFC2 ayikwazi ukulahleka ngaphakathi emzimbeni. I-FC2 imboza ekungeneni kwesibeletho kanti le mbobo incane kangangokuthi iFC2 ayikwazi ngisho nangomlingo ukudlula. Isibeletho sivuleka ngenkathi kuzalwa ingane kuphela.

Ngenjenzani uma indingilizi engaphakathi ingangiphathi kahle?

- Yikhiphe iFC2
- Phinda uyifake. Uzame umi ngendlela eyehlukile. Ungazama umile, uhleli, uqosheme noma ulele phansi.

Ngenze njani uma iFC2 iphunyuka ngenkathi ngiyifaka?

Yesula amafutha okushelelisa eminweni yakho ngetissue bese uyaqhubeka nokufaka iFC2.

Safer is sexy
FEMALE CONDOM

I-FC2 iyaligqobhoza 'iso lemomozi'?

Kungenzeka iFC2 iligqobhoze 'iso lemomozi' ngenkathi ishuthekwa.

Kuyachameka nje uma usufake iFC2?

Yebo, uyakwazi ukuchama ngisho usufake iFC2. Qiniseka ukuthi indingilizi engaphandle kayiyembozi imbobo yomchamo. Uma kudingekile, ungathi ukuyihlehlisela emuva kancane indingilizi engaphandle ngaphambi kokuba uchame. Zesule kahle uqinisekise ukuthi indingilizi engaphandle ibuyele endaweni yayo efanele ngaphambi kokulalana.

4 I-FC2 ngenkathi kujatshuliswana

Kuyiqiniso ukuthi iFC2 iyalunonga ucansi luzoyize ngokwedlulele?

Yebo. Abanye abantu besilisa bajatshuliswa ukudamane begqula indingilizi engaphakathi abathi kumnandi kuyasho. Abanye abantu besifazane bathanda ukuzwa indingilizi engaphandle ibagudla ubhontshisi. Namuphi kwababili angayifaka iFC2 kwakona nje kukodwa okungabahalisa. Ithambe kamnandi iyashelela futhi ishesha ifudumalise okomzimba, okwenza ukulalana kuzwakale kufana nokwemvelo.

Izwakala injani indingilizi engaphakathi ngenkathi kujatshuliswana?

Abesifazane nabesilisa abaningi bathi indingilizi engaphakathi yenza ubumnandi bedlulele ngenkathi kujatshuliswana. Uma indingilizi engaphakathi izwakala ingejabulisi, zama ukuyinyakazisa noma uyifake kabusha ikhondomu.

Kudingekile ukubamba indingilizi engaphandle ngenkathi kujatshuliswana?

Cha. Uma umphambili usuphakathi kwikhondomu, akudingeki ukuba ubambe indingilizi engaphandle.

I-FC2 iyawubanga umsindo ngenkathi kujatshuliswana?

Cha. I-FC2 yikhondomu ethambe futhi eshelela kabi. Uma uzwa umsindo ongawuthandisisi, gcoba amanye amafutha okushelelisa ngaphakathi noma ngaphandle kwekhondomu noma ugcobe wona kanye umphambili. Zama nokufaka iFC2 kusasele imizuzu embalwa ngaphambi kokulalana.

Kwenziwe njani uma kuthi kusewushikishi 'nikhuhlana' indingilizi engaphandle ivele ishelele ingene phakathi emomozini kumbe kungene kwakhondomu uqobo?

- Umphambili kumele ubhonxulwe khona manjalo.
- Mayikhishwe iFC2.
- Makufakwe enye iFC2.

I-FC2 ingasetshenziswa noma ngabe kulalwana kubhekiswana ngaphi?

Yebo. Ungazizama nezinye izindlela uma usukwejwayele ukusebenzisa iFC2.

Ingasetshenziswa ikhondomu yabantu besifazane esike yasebenza?

Cha. Sebenzisa iFC2 entsha ngaso sonke isikhathi uma niya ocansini.

Ingaqhuma iFC2 ngesikhathi kujatshuliswana?

Njenganoma iyiphi ikhondomu, njalo kumele ucophelele lapho ufaka ikhondomu yabantu besifazane. Ungalivuli iphakethe ngesikelo, ngommese noma ngamazinyo, futhi kumele uyibambe ngendlela efanele ikhondomu uma unezinzipho ezinde. Ukudabuka kweFC2 okubikiwe kulinganiselwa ngaphansi kweyodwa kwayikhulu. Uma iFC2 idabuka, ikhiphe bese ufaka entsha ngokushesha.

Kumele ngenze njani uma umphambili ungena eceleni phakathi kwendingilizi yekhondomu nembobo yemomozi?

- Owesilisa kumele awukhiphe khona manjalo umphambili.
- Kubalulekile ukubamba indingilizi engaphandle ibe sendaweni yayo ngenkathi owesilisa (noma owesifazane) eqondisa umphambili ewuphindisela kwikhondomu. Uma umphambili usuphakathi, akudingeki ukuba uqhubeke nokubamba indingilizi engaphandle..

Kumele ngenze njani uma ikhondomu ishibilikela kude le iphume emomozini?

- Khipha ikhondomu yabesifazane
- Faka entsha
- Sebenzisa amanye amafutha okushelelisa ngaphakathi kwikhondomu yabantu besifazane noma ugcobe wona kanye umphambili.

5 Ikhondomu yabantu besifazane ihlanganiswe nezinye izindlela zokuvimbela ukukhulelwa

Ngabe ikhondomu yabantu besifazane ingasetshenziswa nezinye izindlela zokuvimbela ukukhulelwa?

Yebo. I-FC2 ingasetshenziswa kanye nephilisi, umjovo, okufakwa esibelethweni, okushuthekwa engalweni ngaphansi kwesikhumba, ukuvalwa kwemigudu ehambisa imbewu nokunqunywa kwepayipi elihambisa imbewu kowesilisa ngemuva kokuzalwa kwengane ukwenzela ukuvikeleka ezifweni ezithathelwana ngokocansi, phakathi kwazo okubalwa negciwane elandulela ingculazi, iHIV. I-FC2 ngeke yasetshenziswa kanye nesivalo saseqaleni kwesibeletho noma neNuvaRing ngoba indingilizi yangaphakathi yeFC2 ihlala endaweni efanayo neyendingilizi yalezi ezinye izindlela zokuvimbela ukukhulelwa.

Ngabe iFC2 kanye nekhondomu yabantu besilisa angasetshenziswa kanye kanye?

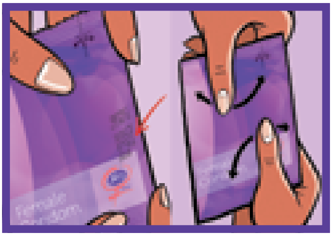
Cha , ungalokothi usebenzise ikhondomu yamadoda neyabesifazane ngesikhathi esisodwa. Ukusebenzisa amakhondomu amabili ngesikhathi esisodwa akusho ukuvikeleka okungcono kodwa kwandisa amathuba okudabuka kwenye yamakhondomu noma adabuke womabili.

It doesn't
always have to
him.
FEMALE
CONDOM

6 Isetshenziswa kanjani iFC2?

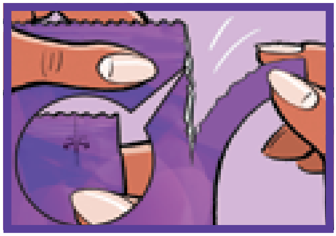
Le miyalelo ikhombisa isigaba nesigaba sokufaka khondomu yabantu besifazane iFC2 emomozini. I-FC2 ingafakwa kusasele amahora ambalwa ngaphambi kokuya ocansini noma sekusele imizuzwana.

Uma iFC2 isetshenziswa okokuqala, kungase kudingeke ukuba abantu bazifundise ukuthi ifakwa kanjani. Umuntu wesifazane angazifaka naye uqobo iFC2 noma ifakwe ngumaqondana wakhe.

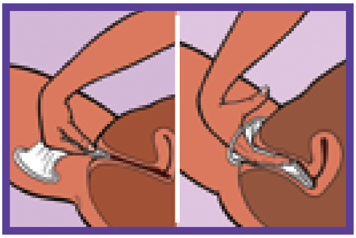


1 Ngaphambi kokuvula iFC2 yakho

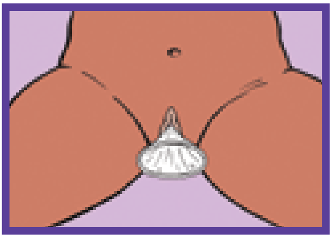
- Bheka usuku lokuphela olugxivizwe eceleni kwephakethe leFC2.
- Hlikihla iphakethe leFC2 ukusabalalisa amafutha ngaphakathi.



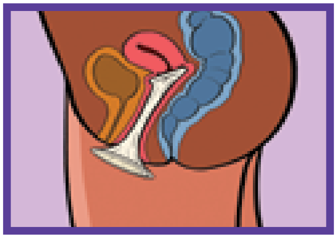
2 Ukuvula iphakethe, lidabule wehle nalo kusuka emcibisholweni phezulu bese ukhipha ikhondomu. Ungasisebenzisi isikelo, ummese noma amazinyo ukuvula iphakethe.



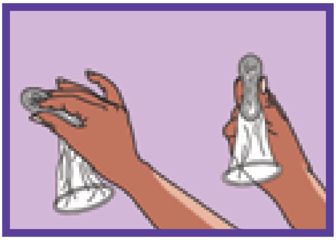
6 Sebenzisa indingilizi yangaphakathi empintshiwe uphushe iFC2 ingene emomozini yakho.
Shutheka umunwe wakho wokukhomba noma lona ophakathi nendawo phakathi kwekhondomu usebenzisa indilinga yangaphakathi uyihlohle ngawo uyifake phakathi noma ingangena kangakanani.
Qiniseka ukuthi ikhondomu ayisontene futhi ihleli kahle emacaleni emomozi.

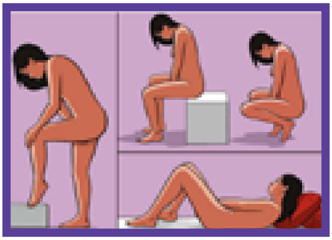


7 Ingxenye encanyana yekhondomu kanye nendilinga engaphandle kuhlala ngaphandle komzimba kube ngaphezulu kwezindebe zemomozi, kuvikele ingaphandle lezitho zobulili kwemboze nalapho kumile khona umphambili kamaqondana wakho.



8 I-FC2 ihlala ithi ne ngaphakathi kwemomozi yemboze ukuqala kwesibeletho. Imbobo yasekuqaleni kwesibeletho incane kangangokuthi iFC2 ayikwazi ngisho nangomlingo ukudlula.

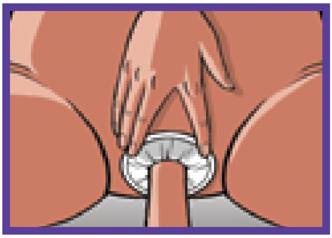


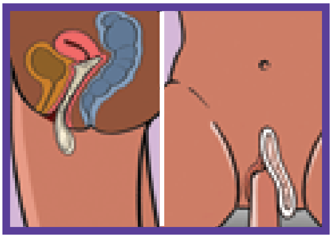


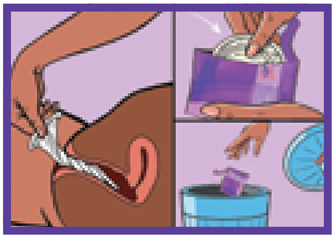
3 Bamba indingilizi engaphakathi ngesithupha nomunwe wokukhomba. Yicindezele emacaleni indingilizi ivele kahle sakucija.

4 I-FC2 ungayifaka ngezindlela ezehlukene. Thola indlela yokuma ezwana nawe. Kungaba bume, uhleli phansi, uqosheme noma ulele phansi.

5 Thinta izindebe zemomozi yakho bese uyazehlukanisa.







9 Bamba indingilizi yangaphandle ibe sendaweni yayo ngenkathi umqondana wakho eqondisa umphambili ewushutheka ngaphakathi kwikhondomu. Uma umphambili usuphakathi kwikhondomu, akudingeki ukuba uqhubeke nokubamba indingilizi engaphandle. Uma ufuna ukuthokoza ngokwedlulele, ungenezela amanye amafutha okushelelisa ngaphakathi noma ngaphandle kweFC2 noma ugcobe wona kanye umphambili kamaqondana wakho uma ikhondomu isifakiwe.

10 **Qaphela-ke!** Umaqondana wakho kumele awukhiphe khona manjalo umphambili uma:

- ungene phakathi kwekhondomu nembobo yemomozi. Buyisela indingilizi engaphandle endaweni yayo ngaphambi kokuba abuyisele umphambili phakathi kwikhondomu.
- Indingiliza engaphandle ingene ngaphakathi emomozini yakho. Sekumele usebenzise enye iFC2.

11 Ukukhipha iFC2 bamba indingilizi engaphandle uyisonte ukuze isidoda sihlale singaphakathi. Kungcono kakhulu ukukwenza lokhu ungakasukumi. Yidonse sakuyincenga ikhondomu uyikhiphe, uyisonge ngetissue noma uyifake esikhwanyaneni esingenalutho uyilahle emgqomeni kadoti.

Konke mayelana nekhondomu yabantu besifazane iFC2 yesivuthevuthe socansi oluphephile

Uma uqala ukukhuluma nabantu ngekhondomu yabantu besifazane iFC2, imvamisa baba nemibuzo eminingi ngayo. Nalapho sebeqalile ukuyisebenzisa, kungenzeka babe neminye futhi imibuzo eminingi. Lo mbhalo ukunikeza izimpendulo kuyo yonke leyo mibuzo.

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I FC2, ikhondomu yabesifazane ekhiqizwa inkampani i Female Health Company.
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