



## A GNISE GƆƆN



Misoporosotoli zore an lo minangow nozare lo fu jire.

## KU ZORE A ZANE MA NO BI BU BA ?



A lo zore a ni gnise si do walima an woro na ni bini ke pile na bo. A gnise si cere ma no be zize ba, se zin be zinle a ni ne ba.



Women HelpWomen

WEB: [HTTPS://WOMENHELP.ORG/](https://womenhelp.org/)

EMAIL: [INFO@WOMENHELP.ORG](mailto:info@womenhelp.org)

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MAMA Network: Mobilizing Activists around Medical Abortion (MAMA).

WEB: [WWW.MAMANETWORK.ORG](http://www.mamanetwork.org)



## ME NO ZOO AN BU MA ?

Hali a lo ji a nuna be du ba, a zana a ni done wala a nobu ma. A zore an wo dogotoro na no foto sa an kama walma an wo ne gama wala a no bi hali cinapri gni co n'ke sir a nobu cere.



Ma lo **be migna bo ba, migna bo gnalu-gnalo** (kena be do a fu mu mignabu ji ba n'ke mignacou ba ji ba) nka/walima a gnene yi no **tamachin la a gnise** se cere, a zore ma munaye halipri. A **dubaye an woro na a no foto sa** ma an zore ne gama wala a no wule ye le halipri, ma be zoor ba, a zore a ni gnise se do.



## NOBU CERE



Nobu cere a lo migna zore an bo foo gne goro an wo du co ma, nga lon ye n'gninla



N'bra ba zin wo n'lobra nu ba (tampon), n'bra n'zo ba, n'bra wow ke gule ba fo a mignabudo n'de gna, leme pra giri a nobu cere.



**Lo zore an no sa fufuru a nobu cere!**

Ma ba ji an nose sayi yi ce ba, a zore an nibu gnenu bak un zan sa.

## JEKULU KIBARUYA

# NOBU KE GNESE

KE MISOPOROSOTOLI



## MISOPOROSOTOLI YE KWU LE ?

Gnese ye a sare duniya tumano an zo an Nozizere ani lo gnile kura adu zore an nobusu basa. A sare gnise san jeno ke ci to ci no : Sitoteki, Izoventi, Mizokileri, MizoFemu, Sirukisi walima Tomisiparali. Sanci gana paar no nge saare ne migna bu yecira nke n' migna do bu legono lo jise cere. (Migna bo lo Jise Cere)





## MISOPOROSOTOLI

### SARƐ AN KU ZANƐ ?

Nɔɔ an lɔ gnile kura. Gniseda nɔɔ cƐre walima nɔzize cƐre ( an zo an nɔɔ kina be gnaa ba gnaara). An zo an migna bu gnebin nka n'migna bu legɔnɔ lɔ jise cƐre. ( HPP migna bu lɔ jise cƐre). Nɔɔsu gniseda.

### A KU ZANƐ ?

Misoporosotoli yi lɔ nɔn wugnare, a ne a ni so ye lƐ basa, yi da ke sƐ gɔrɔ kena be bɔe nɔzize ji.

### A SORE N'SAA FO WATI

### KENANGƆRƆ AN ZO AN Nɔɔ AN Lɔ GNILE

### KURA ?



A nɔ gnifulepra bile bile, a lƐmƐ yi mƐre na saa a lɔ mugnar lƐmƐ bile ma.



## MISOPOROSOTOLI YI SA KINANGƆ GIRI AN ZO AN Nɔɔ A NI Lɔ GNILE KURA ?



A lɔ mako yi Misoporosotoli gnise ni fulepra ma, a sa ni sisiri leri cɔw tuma cƐre.



**Misoporosotoli gneseni** siir daa nine lu an du miniti fucɔw ma.



N'bra mun ba, a kura an yɔlɔ



Leri cɔw, **gniseni siir sila** daa nine lu an du miniti fucɔw ma



N'bra mun ba, a kura an yɔlɔ



Leri cɔw, gniseni **siir sila** daa nine lu an du miniti fucɔw ma



N'bra mun ba, a kura an yɔlɔ



**Me leri cɔw cƐre ma nɔ be bu ba, a lɔ zore a na bere an gniseni sila sa foo a nɔ de bɔ.**



## KWU DA SANƐ MISOPOROSOTOLI SAAR CƐRE ?



Gini yi gure nke mignabo kina kan a lɔ fu mu mignabu la.



Mu bafro nɔ, mu pamba ke furo **nɔɔɔre** lƐmƐ gɔrɔ nɔɔ.



Ma nɔ se wa kassa, a lɔ migna bɔ molile



Gnise kina be babɔ mɛbusule zore n'sa an da Misoporosotoli saa bile ji. Ibuporofeni wule zan pare. paracetamol/acetaminopheni zoo dɔ an saa an daji.



## TAMACIN KINANGƆ DA YI YI CƐRE ?



Leri furo kini siiri a gnisen se cƐre, ce tamacin nda ye : pisi lere, pisi, sana, mɛfula an dɔ 38°, gnebusu/N'mƐ be jina n'mƐ ba. Ce sƐ tuma n ba n' lua ba a du da kan leri damani cƐre.



## KU YE GNARE ME BA DARE A SƐ JI ?



Mignabo ( lɔ fu lɔbra salibeti pra walima cɔw pare ki migna leri pra walima cɔw fo a na dɔ.



Mɛfla dolo (kina kan 39°) walina 38° fo an kan lƐmƐ gɔrɔ la.



Mɛbusu tinri lƐmƐ dantan a nɔɔ cƐre kina be zore an gnin ki mɛbusu gnise nu ba.



Mu bɔre lɔbra nɔ kina jin bɔre kusukusu

## KWU ZORE AN SANƐ ME BA N'DARE A SƐ JI ?



**Wɔw dogɔɔrɔ n'Ɛ fufuru**

Me lɔ mako gnisedi ma, **gɔɔn ye a dogɔɔrɔn na gniseda.** Nɔɔ ke gnise n'ke nɔzize gnisedi gɔn gɔrɔ. **Nɔɔ n'ke Misoporosotoli n'ke nɔzize be zore n' dɔne an bɔ gnɛnu ba.** Lɔ kina mako gnisedima **zore ni pin me a nɔzizere**

