

ናይ ቲቢ መድሃኒትካ ምውሳድ ቀጽሎ

Keep taking your TB medicine



ዝቅጽል ናይ ሓኪም ቆጻራኻ ዘክሮ።

Remember your next doctor visit.

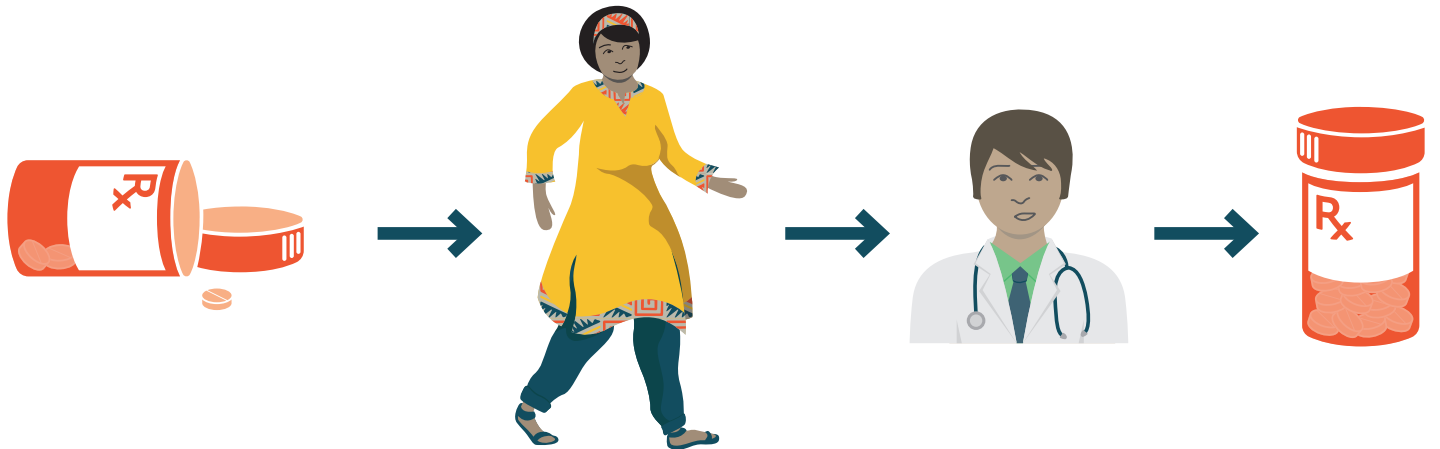
ወርሒ Month							
መዓልቲ Day	ሰንበት Sunday	ሶኒ Monday	ሶሉስ Tuesday	ሮቡዕ Wednesday	ሓሙስ Thursday	ዓርቢ Friday	ቀዳም Saturday
ዕለት Date							



ንግሆ Morning ደሕሪ ቀትሪ Afternoon ምሽት Night

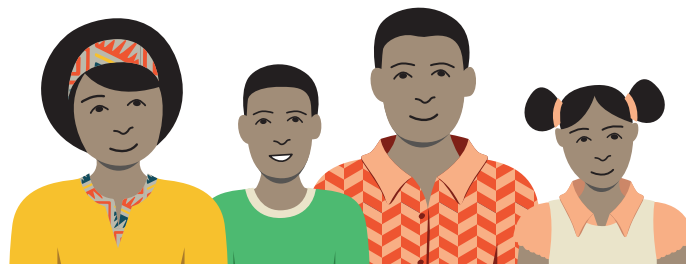
ኣብ ግዜ ምብጻሕካ ተወሳኺ መድሃኒት ክወሃበካ እዩ።

You will get more medicine at your next visit.



ናይ ቲቢ መድሃኒትካ ብምውሳድ፣ ሕማም ቲቢ ክትከላኸልን ስድራቤትካ ክትዕቕብን ትኸእል!

By taking your TB medicine, you can prevent TB disease and keep your family healthy!



መድሃኒትካ ናይ ቲቢ ኩሉ ግዜ ውሰዶ

Take your TB medicine every time

ክፋል ናይ መዓልትኻ ግበሮ

Make it part of your day



- መድሃኒትካ ኣብ ሓደ ቦታ ዓቕቦ፣ ከም ኣብ ጥቓ ዓራትካ ወይ ኣብ ልዕሊ መሕጸቢ ኢድ።

Keep your medicine in one place, like next to your bed or above the sink.



- መድሃኒትካ ኣብ ሓደ ግዜ ወሰድ፣ ከም ኣብነት ሰንኻ ክትምውጽ ከለኻ።

Take your medicine at the same time, like when you brush your teeth.



- መቐመጥ ከኒና ተጠቂምካ ብግቡእ ዓቕቦ (ኣብ መጀመርታኻ ሓገዝ ሕተት)

Use a pillbox to keep organized (ask for help the first time).



- መዘከሪ ጽሑፍ ብምጽሓፍ ኣብ ማዕጾ ናይ መዝሓሊት ወይ ቤትሮ ናይ ክፍሊ መሕጸቢ ሰውነት ለጥፎ።

Write yourself a note, and put it on the refrigerator door or bathroom mirror.



- ዓውደ ኣዋርሕ ብምጥቃም መድሃኒት ዝወሰድካሎ መዓልታት ኣረጋግጽ።

Use a calendar to check off the days you have taken your medicine.

ሓገዝ ርኽብ

Get support



- ኣባል ስድራቤትካ ወይ ብጻይካ ንኸክኒረካ ሓገዝ ሕተት።

Ask a family member or friend to help you remember.

እንታይ ትገብር ንኸትዝክር?

What do you do to remember? _____

