

# Keep taking your TB medicine



Remember your next doctor visit.

| Month |              |             |               |                |                |             |                |
|-------|--------------|-------------|---------------|----------------|----------------|-------------|----------------|
| Day   | Su<br>Sunday | M<br>Monday | Tu<br>Tuesday | W<br>Wednesday | Th<br>Thursday | F<br>Friday | Sa<br>Saturday |
| Date  |              |             |               |                |                |             |                |

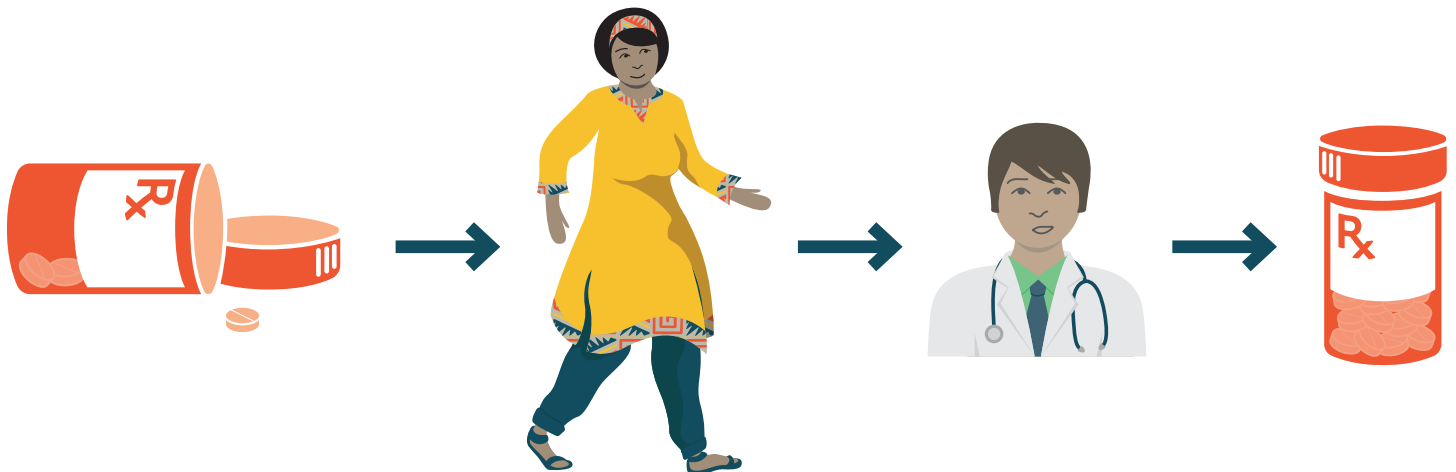
\_\_\_\_ : \_\_\_\_

Morning

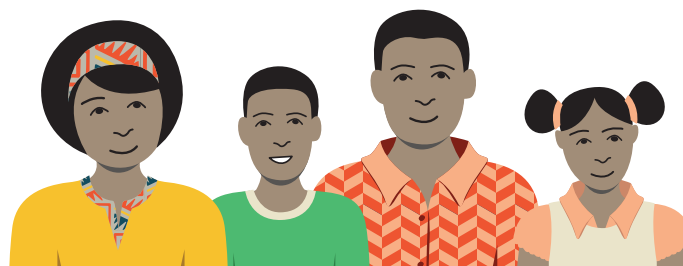
Afternoon

Night

You will get more medicine at your visit.

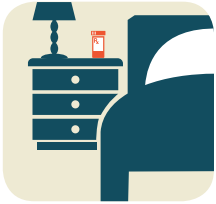


By taking your TB medicine, you can prevent TB disease and keep your family healthy!



# Take your TB medicine every time

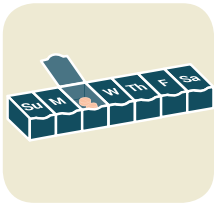
## Make it part of your day



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



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



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



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



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

## Get support



- ☐ Ask a family member or friend to help you remember.

What do you do to remember? \_\_\_\_\_