**Kontinua ta toma ramedi di tuberkulozi**

**Keep taking your TB medicine**

Lenbra bu prósimu konsulta ku médiku.

**Remember your next doctor visit.**

Médiku ta bai skrebi mes, data y ora di bu prósimu konsulta. Médiku ta ba poi un bola tanbé na kel dia di simana di bu prósimu konsulta y marka si bu konsulta é di sédu, di tardi ô di noti.

The doctor will write the month, date, and time of your next doctor visit. The doctor will also circle the day of the week of your next doctor visit and mark if your visit is in the morning, afternoon, or night.

Bu ta dadu más ramedi na konsulta.

**You will get more medicine at your next visit.**

Ora ki bu toma ramedi pa tuberkulozi, bu pode privini duensa di tuberkulozi y mante bu família saudável!

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

**Toma bu ramedi di tuberkulozi tudu bes**

**Take your TB medicine every time**

Faze-l párti di bu dia

**Make it part of your day**

* Mante ramedi na un lugar, pur izenplu pertu di bu kama o nton riba di lavatóriu.

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

* Toma ramedi na omesmu ora, pur izenplu ora ki bu ta skova denti.

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

* Uza un kaxa di poi ramedi pa fika organizadu   
  (pidi ajuda na prumeru bes).

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

* Skrebe un bilhetinhu pa bu lenbra, y kola-l na porta di jilera o na janela di kaza di banhu.

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

* Uza un kalendáriu pa bu riska kes dia ki bu toma ramedi.

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

Djobe apoiu

**Get support**

* Pidi un menbru di família o amigu pa djudá-bu lenbra.

Ask a family member or friend to help you remember.

Kuze ki bu ta faze pa bu lenbra?

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

This material was developed by the Massachusetts Department of Public Health. Language: Cape Verdean Creole. December 2014. For more information, visit www.mass.gov/dph/cdc/tb