继续服用您的结核病药物

**Keep taking your TB medicine**

记住下一次医生约诊时间。

**Remember your next doctor visit.**

医生将会写明您下次就诊的月份、日期和时间。而且，医生还会将您下次就诊的日期圈上，并标明您的就诊时间是上午、下午还是晚上。

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.

就诊时您会得到更多的药品

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

您可通过服用结核病的药物来防止结核病并保持您家人的健康！

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

每次都要按时服用结核病药物

**Take your TB medicine every time**

把它当成每天都要做的事情

**Make it part of your day**

将您的药物放在同一个地方，例如床边或洗手池上方。

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

在同一时间服药，例如在刷牙时服用。

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

使用专用药盒将其整齐放置（第一次请问别人怎样整齐放置）。

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

给自己写个纸条，并将贴在冰箱门或卫生间的镜子上。

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

使用日历，在您已服过药的日子上打个钩。

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

寻求支持

**Get support**

让家人或朋友帮助您记住按时服药。

Ask a family member or friend to help you remember.

为了记住按时服药，您应做些什么？

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

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