**Kontinye pran medikaman kont Tibèkiloz la**

**Keep taking your TB medicine**

Pa bliye pwochen vizit kay doktè w.

**Remember your next doctor visit.**

Doktè a ap ekri mwa, dat, ak lè pou pwochen vizit ou. Doktè a ap fè wonn tou nan jou semèn ou gen pou fè pwochen vizit ou nan klinik li epitou l ap make si vizit ou se nan maten, apremidi oswa aswè.

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.

Ou pral resevwa plis medikaman nan vizit ou a.

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

Lè w pran medikaman kont Tibèkiloz, ou ka anpeche maladi Tibèkiloz la devlope epi ou ka pèmèt fanmi w rete an sante!

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

**Se pou toujou pran medikaman kont Tibèkiloz la**

**Take your TB medicine every time**

**Ajoute l nan aktivite ou fè lajounen yo**

**Make it part of your day**

* Toujou kite medikaman w yo menm kote a, tankou bò tèt kabann ou oswa sou tèt lavabo a.

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

* Pran medikaman w yo nan menm lè a, tankou lè wap bwose dan w.

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

* Itilize yon bwat ki fèt pou mete medikaman pou ka byen òganize (mande yo ede w premye fwa a).

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

* Ekri yon nòt ki pou fè w sonje, epi mete l sou pòt frijidè a oswa sou miwa ki nan twalèt la.

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

* Itilize yon kalandriye pou tcheke jou ou pran medikaman w yo.

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

**Chèche sipò**

**Get support**

* Mande yon manm fanmi w oswa yon zanmi w pou l fè w sonje.

Ask a family member or friend to help you remember.

**Kisa w fè pou ka sonje?**

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

This material was developed by the Massachusetts Department of Public Health. Language: Haitian Creole.
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