**Endelea kutumia dawa yako ya   
Kifua Kikuu**

**Keep taking your TB medicine**

Kumbuka ziara yako inayofuata kwa daktari.

**Remember your next doctor visit.**

Daktari ataandika mwezi, tarehe, na saa ya ziara yako ifuatayo ya daktari. Daktari ataweka pia mviringo kwa siku ya wiki ya ziara yako ifuatayo ya daktari na kuweka alama ikiwa ziara yako ni ya asubuhi, jioni, au usiku.

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.

Utapata dawa zaidi wakati wa ziara yako.

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

Kwa kutumia dawa yako ya Kifua Kikuu, unaweza kuzuia ugonjwa wa Kifua Kikuu na kuiweka familia yako yenye afya!

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

**Tumia dawa yako ya Kifua Kikuu kila wakati**

**Take your TB medicine every time**

**Iweke kwenye ratiba yako ya siku**

**Make it part of your day**

* Hifadhi dawa yako mahali pamoja, kama karibu na kitanda chako au juu ya sinki.

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

* Tumia dawa yako kwa wakati mmoja, kama vile unapopiga mswaki.

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

* Tumia kisanduku cha vidonge ili kupanga (omba msaada mara ya kwanza).

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

* Jiandikie kidokezo, na ukiweke kwenye mlango wa jokofu au kioo cha bafu.

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

* Tumia kalenda kuweka alama siku ambazo umetumia dawa yako.

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

**Pata msaada**

**Get support**

* Mwulize mwanafamilia au rafiki kukusaidia kukumbuka.

Ask a family member or friend to help you remember.

**Je, unafanya nini ili kukumbuka?**

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

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