**Keep taking your TB medicine**

**Remember your next doctor visit.**

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.

**You will get more medicine at your next 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? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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