

# የቲቢ መድኃኒቱን መውሰድዎን ይቀጥሉ።

Keep taking your TB medicine



## ቀጣዩን የሐኪም ቀጠሮዎን ያስታውሱ

Remember your next doctor visit.

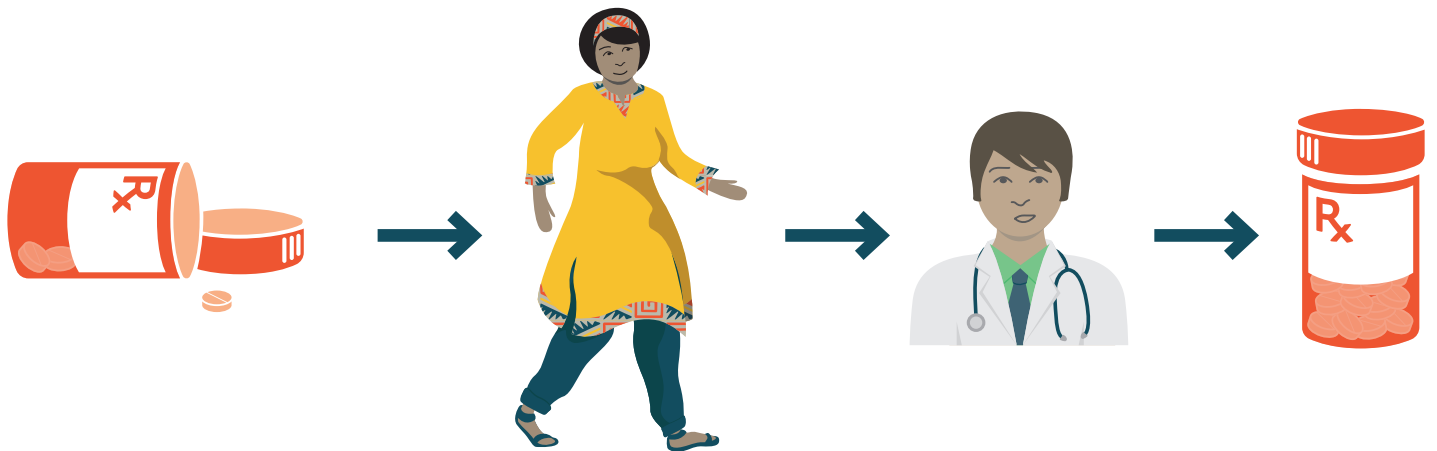
ወር Month							
ዕለት Day	እሁድ Sunday	ሰኞ Monday	ማክሰኞ Tuesday	ረቡዕ Wednesday	ሐሙስ Thursday	ዓርብ Friday	ቅዳሜ Saturday
ቀን Date							



ጠዋት Morning    ከሰዓት Afternoon    ማታ Night

## በቀጠሮዎ ሲመጡ ተጨማሪ መድኃኒት ያገኛሉ።

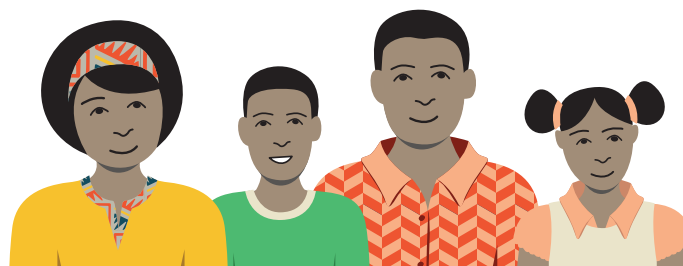
You will get more medicine at your next visit.



## የቲቢ መድኃኒትን በመውሰድ የቲቢ በሽታን መከላከልና

## የቤተሰብዎን ጤንነት መጠበቅ ይቻላል።

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

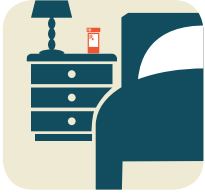


# የቲቢ መድኃኒትዎን ሁሌ ይውሰዱ

Take your TB medicine every time

## የዕለት ስራዎ አንዱ አካል ያደርጉት

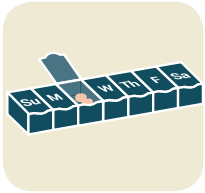
Make it part of your day



- መድኃኒትዎን አንድ ቦታ ላይ ያስቀምጡ፤ ለምሳሌ ከአልጋዎ አጠገብ ወይም ከሲንኩ በላይ።  
Keep your medicine in one place, like next to your bed or above the sink.



- መድኃኒትዎ በተመሳሳይ ሰዓት ይውሰዱ፤ ለምሳሌ ጥርስዎን ሲያጸዱ።  
Take your medicine at the same time, like when you brush your teeth.



- ጥንቃቄ ለመውሰድ በክረን ሳጥን ይጠቀሙ (መጀመሪያ ላይ እርዳታ ይጠይቁ)  
Use a pillbox to keep organized (ask for help the first time).



- ራስዎ የጻፉትን ማስታወሻ የፍሪጅ በር እና የመታጠቢያ ክፍል መስተዋት ላይ ያስቀምጡት።  
Write yourself a note, and put it on the refrigerator door or bathroom mirror.



- መድኃኒት የወሰዱባቸውን ቀናት ለማወቅ ቀናቱን የቀን መቁጠሪያ ላይ ምልክት ያደርጉባቸው።  
Use a calendar to check off the days you have taken your medicine.

## ድጋፍ ያግኙ

Get support



- የቤተሰብዎን አባል ወይም ጓደኛዎን እንዲያስታውስዎ ይጠይቁ።  
Ask a family member or friend to help you remember.

## ለማስታወስ ምን ያደርጋሉ?

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

