

# Kontinua ta toma ramedí di tuberkulozi

Keep taking your TB medicine



## Lenbra bu prósimu konsulta ku médiku.

Remember your next doctor visit.

Mes Month							
Dia Day	Domingu Sunday	Sigunda Fera Monday	Tersa Fera Tuesday	Kuarta Fera Wednesday	Kinta Fera Thursday	Sesta Fera Friday	Sábadu Saturday
Data Date							



Palmanhan  
Morning



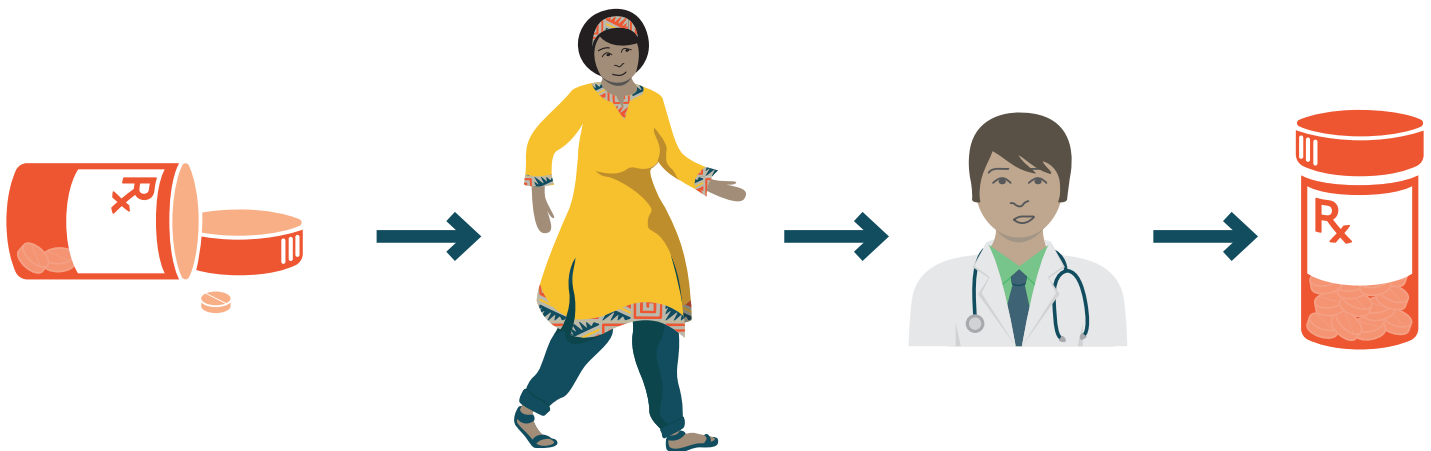
Tardi  
Afternoon



Noti  
Night

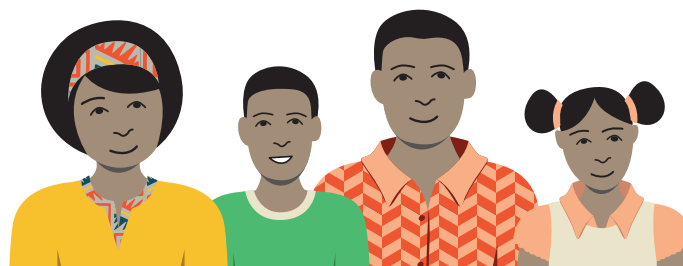
## Bu ta dadu más ramedí na konsulta.

You will get more medicine at your next visit.



## Ora ki bu toma ramedí pa tuberkulozi, bu pode privini duensa di tuberkulozi y mante bu famíia saudável!

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

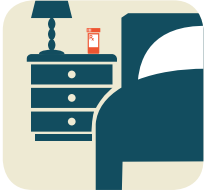


# Toma bu ramedi di tuberkulozi tudu bes

Take your TB medicine every time

## Faze-I párti di bu dia

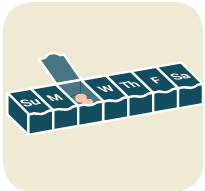
Make it part of your day



- Mante ramedi na un lugar, pur izenplu pertu di bu kama o nton riba di lavatóriu.**  
Keep your medicine in one place, like next to your bed or above the sink.



- Toma ramedi na omesmu ora, pur izenplu ora ki bu ta skova denti.**  
Take your medicine at the same time, like when you brush your teeth.



- Uza un kaxa di poi ramedi pa fika organizadu (pidi ajuda na prumeru bes).**  
Use a pillbox to keep organized (ask for help the first time).



- Skrebe un bilhetinhu pa bu lenbra, y kola-l na porta di jilera o na janela di kaza di banhu.**  
Write yourself a note, and put it on the refrigerator door or bathroom mirror.



- Uza un kalendáriu pa bu riska kes dia ki bu toma ramedi.**  
Use a calendar to check off the days you have taken your medicine.

## Djobe apoiu

Get support



- Pidi un menbru di família o amigu pa djudá-bu lenbra.**  
Ask a family member or friend to help you remember.

## Kuze ki bu ta faze pa bu lenbra?

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