

继续服用您的结核病药物

Keep taking your TB medicine



记住下一次医生约诊时间。

Remember your next doctor visit.

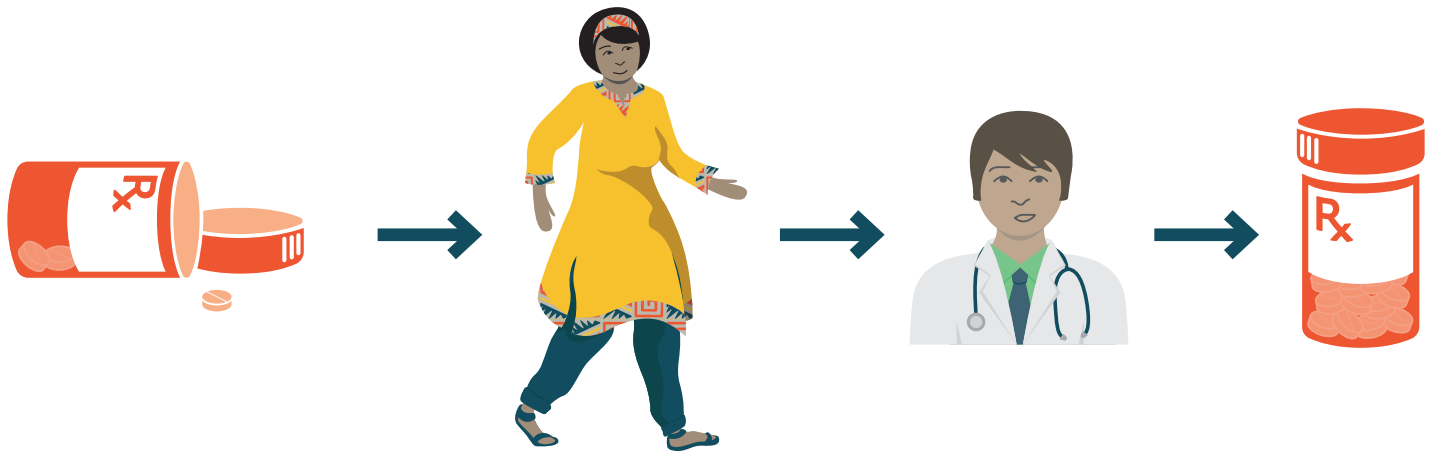
月份 Month							
星期 Day	星期日 Sunday	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday
日期 Date							



早上 Morning 下午 Afternoon 晚上 Night

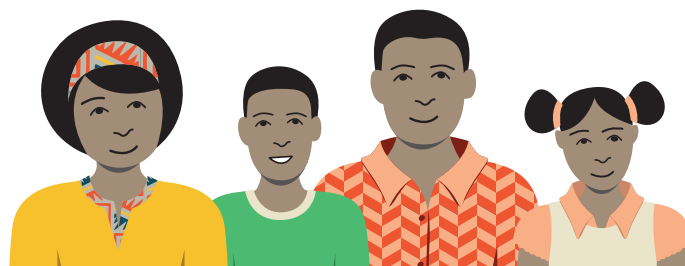
就诊时您会得到更多的药品。

You will get more medicine at your next visit.



您可通过服用结核病的药物来防止结核病并保持您家人的健康!

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

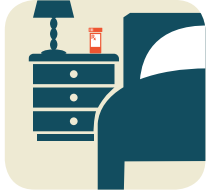


每次都要按时服用结核病药物

Take your TB medicine every time

把它当成每天都要做的事情

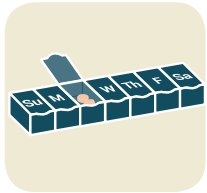
Make it part of your day



- 将您的药物放在同一个地方, 例如床边或洗手池上方。
Keep your medicine in one place, like next to your bed or above the sink.



- 在同一时间服药, 例如在刷牙时服用。
Take your medicine at the same time, like when you brush your teeth.



- 使用专用药盒将其整齐放置(第一次请问别人怎样整齐放置)。
Use a pillbox to keep organized (ask for help the first time).



- 给自己写个纸条, 并将贴在冰箱门或卫生间的镜子上。
Write yourself a note, and put it on the refrigerator door or bathroom mirror.



- 使用日历, 在您已服过药的日子里打个钩。
Use a calendar to check off the days you have taken your medicine.

寻求支持

Get support



- 让家人或朋友帮助您记住按时服药。
Ask a family member or friend to help you remember.

为了记住按时服药, 您应做些什么?

What do you do to remember? _____