

繼續服用TB藥物

Keep taking your TB medicine



記得下次看診時間

Remember your next doctor visit.

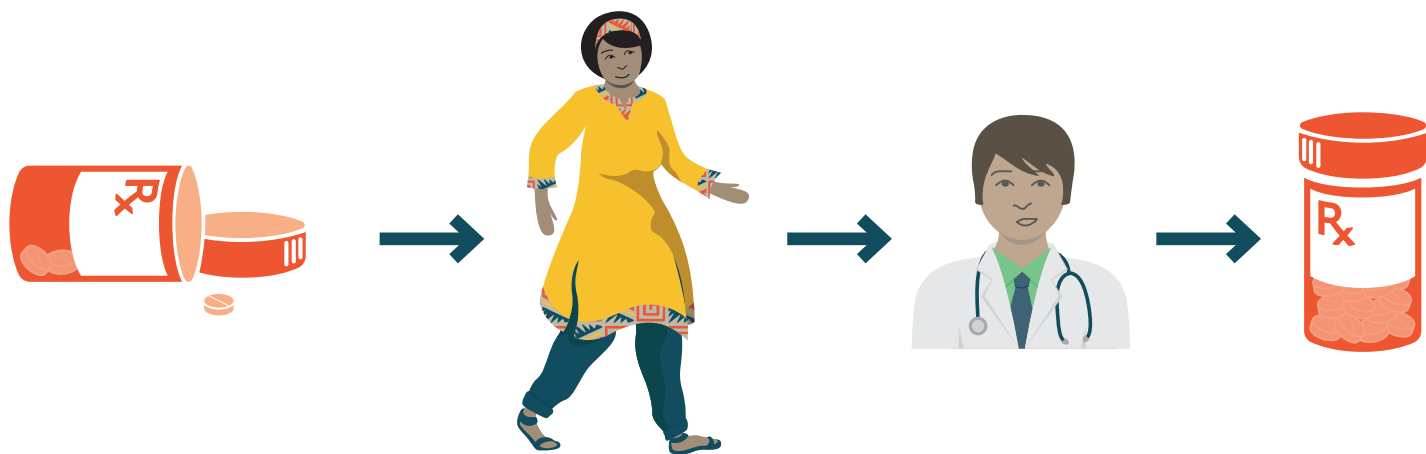
月 Month							
日 Day	日 週日 Sunday	一 週一 Monday	二 週二 Tuesday	三 週三 Wednesday	四 週四 Thursday	五 週五 Friday	六 週六 Saturday
日期 Date							



上午 Morning 下午 Afternoon 晚上 Night

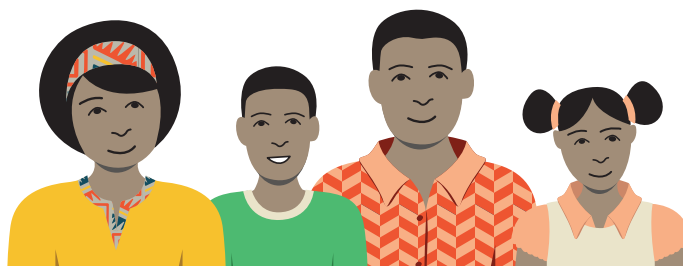
您會在看診時拿到較多藥物。

You will get more medicine at your next visit.



服用TB藥物可以預防TB疾病, 讓家人保持健康!

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



按時服用TB藥物

Take your TB medicine every time

養成服藥習慣

Make it part of your day



- 將藥物放在固定的地方, 例如床邊或洗手台上方。
Keep your medicine in one place, like next to your bed or above the sink.



- 固定時間服藥, 例如刷牙時。
Take your medicine at the same time, like when you brush your teeth.



- 使用藥盒保持有條不紊 (初次使用時請詢問用法)。
Use a pillbox to keep organized (ask for help the first time).



- 寫一張紙條提醒自己, 將紙條貼在冰箱門上或浴室裡的鏡子上。
Write yourself a note, and put it on the refrigerator door or bathroom mirror.



- 使用日曆記錄已經服藥的日子。
Use a calendar to check off the days you have taken your medicine.

尋求幫助

Get support



- 請家人或朋友幫您記得。
Ask a family member or friend to help you remember.

您利用哪些方法記住?

What do you do to remember? _____