Keep taking your TB medicine

# Remember your next doctor visit.

**Date:**

**Time:**

Morning

Afternoon

Night

# You will get more medicine at your 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. December 2014. For more information, visit [www.mass.gov/dph/cdc/tb](http://www.mass.gov/dph/cdc/tb)