

Sii wad qaadashada daawadaada Tiibishada

Keep taking your TB medicine




Xusuusnoow booqashadaada dhakhtarka soo socoto ama xigta.


Remember your next doctor visit.

Bisha Month							
Maalinta Day	Axad Sunday	Asniin Monday	Tallaado Tuesday	Arbaco Wednesday	Khamiis Thursday	Jimco Friday	Sabti Saturday
Taariikhada Date							


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Subaxii
Morning



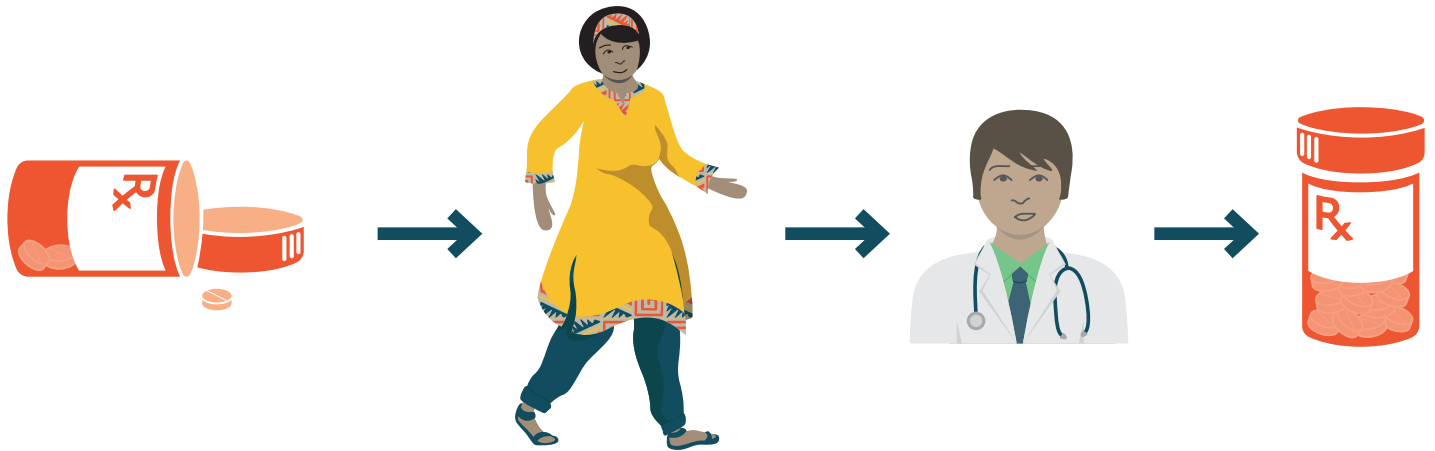
Galabtii
Afternoon



Habteenkii
Night

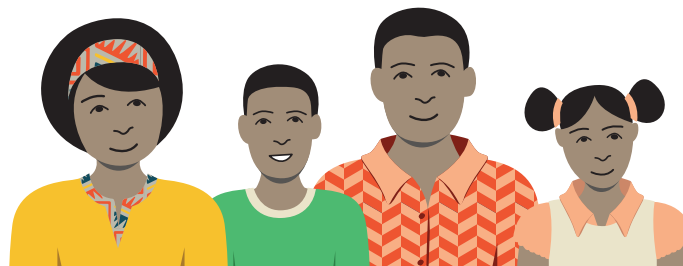
Waxaad kuheli doontaa daawooyin baddan booqashadaada.

You will get more medicine at your next visit.



Haddii aad qaadatid daawadaada Tiibishada, waxaad kahortagi kartaa cudurka Tiibishada qoyskaagana waxaad kadhigaysaa kuwo caafimaad qabba!

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

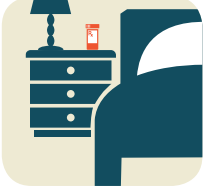


Qaado daawadaada Tiibishada markasta

Take your TB medicine every time

Kadhig qayb kamid ah maalintaada

Make it part of your day



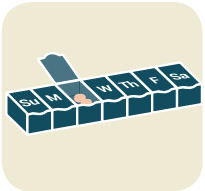
- Dhig daawadaada hal meel, sida dhinaca sariirtaada ama dusha saxanka waaskada.**

Keep your medicine in one place, like next to your bed or above the sink.



- Qaado daawadaada isku mar, sida marka aad cadeynaysid ilkahaaga.**

Take your medicine at the same time, like when you brush your teeth.



- Isticmaal caaga daawada si aad ugu dhigtid kuwo nidaamsan (weydiiso caawimaad marka hore).**

Use a pillbox to keep organized (ask for help the first time).



- Qor warqad xusuusin, kadibna kudheji dusha albaabka talaajada ama muraayada musqusha.**

Write yourself a note, and put it on the refrigerator door or bathroom mirror.



- Isticmaal kalendarka bilaha si aad uga ogaatid maalmaha aad qaadatay daawadaada.**

Use a calendar to check off the days you have taken your medicine.

Raadi taageero

Get support



- Weydii xubin qoyska katirsan ama saaxiib si uu kuugu caawiyo xusuusinta.**

Ask a family member or friend to help you remember.

Maxaad sameynaysaa si aad usoo xasuusatid?

What do you do to remember? _____