

Endelea kutumia dawa yako ya Kifua Kikuu

Keep taking your TB medicine



Kumbuka ziara yako inayofuata kwa daktari.

Remember your next doctor visit.

| Mwezi Month | | | | | | | |
|----------------|--------------------|--------------------|--------------------|-----------------------|----------------------|------------------|----------------------|
| Siku Day | Jumapili Sunday | Jumatatu Monday | Jumanne Tuesday | Jumatano Wednesday | Alhamisi Thursday | Ijumaa Friday | Jumamosi Saturday |
| Tarehe Date | | | | | | | |



Asubuhi
Morning



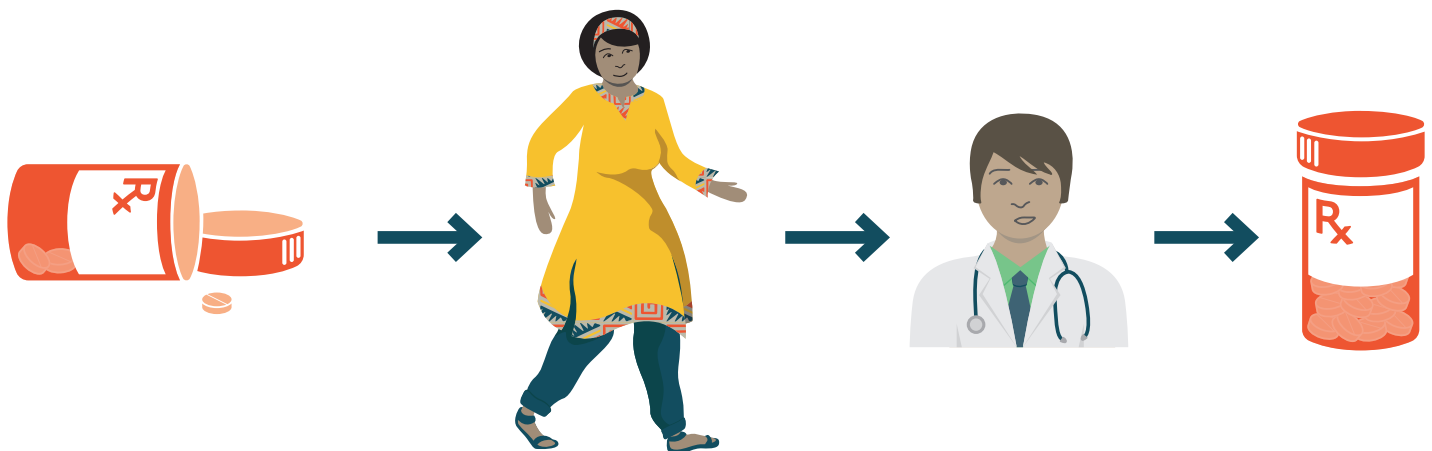
Mchana
Afternoon



Usiku
Night

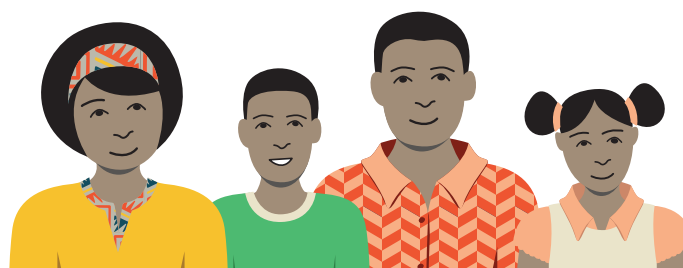
Utapata dawa zaidi wakati wa ziara yako.

You will get more medicine at your next visit.



Kwa kutumia dawa yako ya Kifua Kikuu, unaweza kuzuia ugonjwa wa Kifua Kikuu na kuiweka familia yako yenye afya!

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



Tumia dawa yako ya Kifua Kikuu kila wakati

Take your TB medicine every time

Iweke kwenye ratiba yako ya siku

Make it part of your day



- Hifadhi dawa yako mahali pamoja, kama karibu na kitanda chako au juu ya sinki.**
Keep your medicine in one place, like next to your bed or above the sink.



- Tumia dawa yako kwa wakati mmoja, kama vile unapopiga mswaki.**
Take your medicine at the same time, like when you brush your teeth.



- Tumia kisanduku cha vidonge ili kupanga (omba msaada mara ya kwanza).**
Use a pillbox to keep organized (ask for help the first time).



- Jiandikie kidokezo, na ukiweke kwenye mlango wa jokofu au kioo cha bafu.**
Write yourself a note, and put it on the refrigerator door or bathroom mirror.



- Tumia kalenda kuweka alama siku ambazo umetumia dawa yako.**
Use a calendar to check off the days you have taken your medicine.

Pata msaada

Get support



- Mwulize mwanafamilia au rafiki kukusaidia kukumbuka.**
Ask a family member or friend to help you remember.

Je, unafanya nini ili kukumbuka?

What do you do to remember? _____