

Keep taking your TB medicine



Remember your next doctor visit.

Month							
Day	Su Sunday	M Monday	Tu Tuesday	W Wednesday	Th Thursday	F Friday	Sa Saturday
Date							

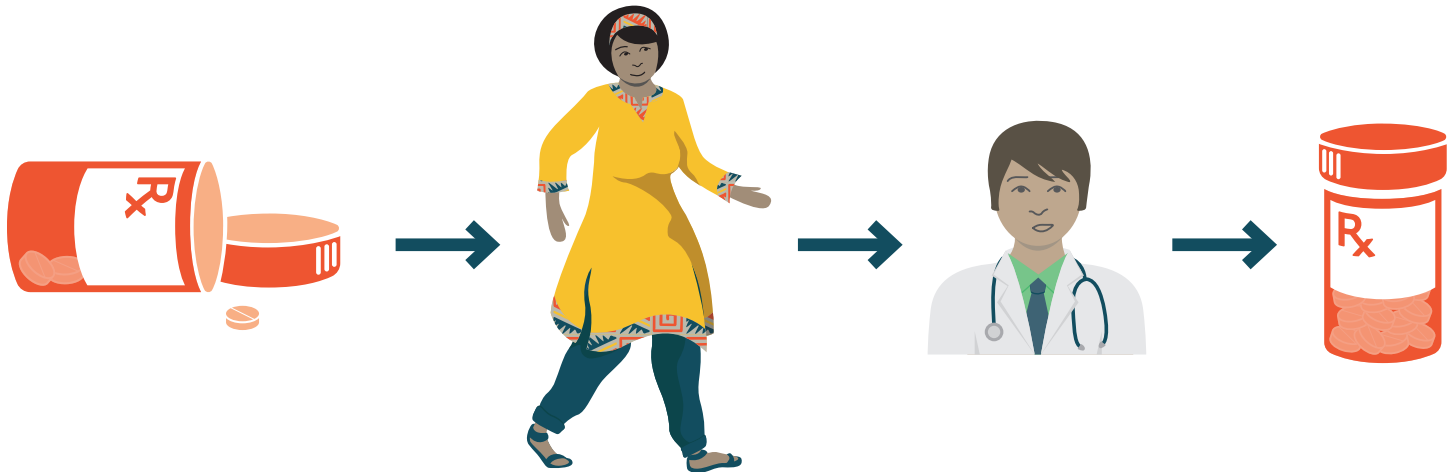
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Morning

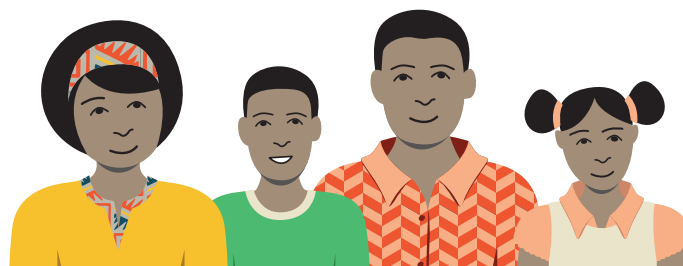
Afternoon

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

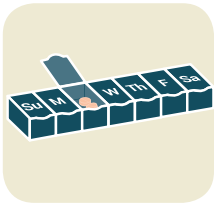
Make it part of your day



- 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? _____