Keep taking your TB medicine

Remember your next doctor visit.

You will get more medicine at your next visit.

By taking your TB medicine, you can prevent TB disease and keep your family healthy!
መድሃኒትካ ናይ ቲቢ ኩሉ ግዜ ውሰዶ

Take your TB medicine every time

Make it part of your day

☐ መድሃኒትካ ኣብ ሓደ ቦታ ዓቕቦ፣ ከም ኣብ ጥቓ ዓራትካ ወይ ኣብ ልዕሊ መሕጽቢ ኢድ።
Keep your medicine in one place, like next to your bed or above the sink.

☐ መድሃኒትካ ኣብ ሓደ ግዜ ወሰድ፣ ከም ኣብነት ስንኻ ክትምውጽ ከለ ኻ።
Take your medicine at the same time, like when you brush your teeth.

☐ መቡቃ ከኒና ተጠቒምካ ብግቡእ ዓቕቦ (ኣብ መጀመርታኻ ሓገዝ ሕተት)
Use a pillbox to keep organized (ask for help the first time).

☐ መስኋ ኢብዎ ምወልየት ከኔ የወል ከም መስኋ ትሚ ኩ ከ ኢብዎ መስኋ ስም ምወልይ።
Write yourself a note, and put it on the refrigerator door or bathroom mirror.

☐ መስኋ ምወልየት ኢብዎ ምወልየት ከም መስኋ ትሚ እር መስኋ ስም ምወልይ።
Use a calendar to check off the days you have taken your medicine.

Get support

☐ ከኔ ዜና ምወልየት ማወረ የክስ ዘድድስ እና ዝናት።
Ask a family member or friend to help you remember.

What do you do to remember?