

የተጠበቀ፣ አስተማማኝ እና ጤናማ-በአዲሱ አገር ስኬታማ የሚያደርግብዎት ቀልፎች  
 መድሃኒት እና ባህላዊ መድሃኒቶች - 1

**Safe, Smart and Healthy – Keys to Success in Your New Home**  
**Medications and Home Remedies – 1**

**AMHARIC**

<p>ወይዘሮ ሊ ሁልጊዜም መድሃኒት ስትጠቀም በጥንቃቄ ነው። የምትገዛውም ከመደብር ወይም ከመድሃኒት ቤት ነው። እንደሆነ መድሃኒቶች “ከመደብር የሚገዙ መድሃኒቶች” ይባላሉ ምክንያቱም የሃኪም/የዶክተር ትእዛዝ ስለማያስፈልግባቸው።</p> <p>የሚገዙትን መድሃኒት ስም ካላወቁ ወይም ጥያቄ ካለዎት ፋርማሲሲቶን ይጠይቁት። ይህ ሰው በመድሃኒቶች አጠቃቀም የሃኪም/የዶክተር ትእዛዝ የማያስፈልጋቸውን መድሃኒቶችንም ጨምሮ ስልጠና የወሰደ ነው።</p>	<p>Mrs. Li is always careful when she uses medicines she purchased at the grocery store or drug store. These are called “over the counter” medicines because you can buy them without needing a doctor’s prescription.</p> <p>If you don’t know the name of the medicine you need or have any questions, ask the pharmacist. This is a person with special training about medicines—including medicines that don’t require a prescription.</p>
<p>ሁልጊዜም የመድሃኒቱን መመሪያ በጥንቃቄ የምታነብ ሲሆን መድሃኒቱንም ለታቀደለት አላማ ብቻ ትጠቀምበታለች። በፍጥነት ሊያድንም ስለማይችል በትእዛዙ ላይ ከተጠቀሰው መጠን በላይ መድሃኒት አይውሰዱ -</p> <p>ለልጆች መድሃኒት ለመስጠት ትእዛዙን በጥንቃቄ ያንብቡ። አንዳንድ ጊዜ አነስተኛ መጠን ያለው መድሃኒት ሊበቃቸው ይችላል ወይም የተለየ ስሪትያለው መድሃኒት ሊያስፈልጋቸው ይችላል ወይም ከነጭራሹ መውሰድ ላይኖርባቸው ይችላል።</p> <p>ከመደብር የገዙትን መድሃኒት ወስደው ካልተሻለዎት፣ ዶክተር ጋር ሄደው ይታዩ።</p>	<p>She always reads the directions carefully and only uses them for their intended purpose. Do not take more medicine than is indicated in the instructions—it will not make you feel better any faster.</p> <p>Be careful to read the instructions about giving medicines to children. Sometimes, they need smaller amounts, a completely different version of the medicine, or shouldn’t take it at all.</p> <p>If you don’t get better after taking medicines you purchase at the store, go see a doctor.</p>

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