vlcl pwcs? xujru? use;rm-Xmaeoprm atmijria&;aomcsu aq;Og;Ei trwi; ux;rsm; - 4

Safe, Smart and Healthy – Keys to Success in Your New Home
Medications and Home Remedies - 4

BURMESE

]lumaelyjzpwaq;awe &uausmaewaq;awu ro;ygel/ yvi;ay:u &upu lunyg/v?&u?Ep va&;xm;ygvrr,/ 'aeU[m t'&up&aemuyi;jzpw,q&i aq;u truyxviypyg/	Do not use medicine that is old or expired. Look at the date on the bottle. It will show a Month/Day/Year. If today is after that date, throw the medicine in the garbage.
aq;pmrvwaq;u 'grr[w trrmuoru oiu rouomvmapb;q&i q&m0equ om;jyjzpatmijyyg/ wu,v oi[m aq;u tlumu;pm;&r,q&i aq;qiuom;ly; y0,z vygvrr,/ 'gu jyevnjznwi;wmvac:ygw,/	If over-the-counter medicines or your home remedies do not make you feel better, be sure to **go see the doctor**. If you have to take medicine during a longer period of time, you will need to go to the pharmacy and get more. This is called a **refill***.*
oi jyevnjznwi; aq;ñe;pmtwu aq;qiu ze;quay;z aq;ce;u ze;quv&ygw,/ 'aemurm oiu,wi aq;qiu wu½uom;ly; om;,yg/aq;qiom;&i tmrcuwu trwr;,om;jzpatmi ,om;yg/	You can *call* your doctor's office, and ask them to call the pharmacy with your refill prescription. You can then go *directly* to the pharmacy to pick it up. Be sure to always bring your insurance card to the pharmacy.
wcgw&rm aq;z;u oitp;&use;rma&;tmrcuw 'grr[w oitvyuse;rma&;tmrcu ay;acsygw,/ aq;z;u oiu,yi yuqe ay;acs&wtcgawvn; &vmygvrr,/	Sometimes medicines are paid for by your government health insurance card or your work health insurance. There will be other times when you have to pay for medicine with your own money.

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