

**Him tein, Smart tein le Dam tein: Na um nak hmun thar
ah khuaawng pemh nak tawh fung hna.**

Sii hmang ning le harh dam nak caah inn lei i zoh khih ning – 1

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

HAKHA CHIN

Mrs. Li cu azung zal in aa ralring, sii hman ding a cawk tik paoh ah grocery ti mi dawr ngain pi le a si lo ah sii der ah acawk. Zeicatiah cubangtuk dawr hna ah cun sii bawi ttial piak mi ca a herh lo in amin ah “over the counter” medicine ti a si.

Sii min na theih hna lo ah cun kha sii zuartu kha hal khawh a si. Amah cu sii lei cawn nak a awng mi a si i sii bawi cattail mi tel lo in na herh mi le a ttha mi sii lei ah an bomh khawh.

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.

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.

Cu sii zuar tu nih cun sii a hman ning te le sii tthat hmem nak thazang ral ring te in ca a rel peng ca ah ca hruai nak a zulh. Chim mi hnak in sii a tam deuh hmang hlah, cunih cun a rang deuh in an dam ter kho hlei lai lo.

Hngak chia hna sii na pek tik ah ralrin te in ca an ttial chih mi zulh nak i zuam. ih can ah a tlaum deuh a herh sii tha zang zong aa khat cio lo, a si loah sii din a herh lo can hna aum.

Dawr cawk mi sii na din ko na in na ttha deuh lo ah cun sii bawi sin ah i piah.

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.

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.

If you don’t get better after taking medicines you purchase at the store, go see a doctor.