

**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 – 2**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Medications and Home Remedies– 2
HAKHA CHIN**

<p>A voidang ah Mrs. Li cu sii bawi sin a va piah i sii bawi nih sii hman ning a ttial piak. Sii bawi ttial mi ning in sii na ei tik ah na zawt nak zawn te kha a tongh. Na sii bawi sin ah na hman mi sii le ca ttial piak mi inn ah na hman mi vial te chim dih a herh.</p>	<p>Other times, Mrs. Li has gone to the doctor's office and been given a prescription by the doctor. A prescription is for medicine that will treat a specific problem you have. Make sure you tell your doctor about all the medicines or cures you are taking, including other prescriptions and home remedies.</p>
<p>Sii bawi cattail mi he long in cawk khawh a si mi sii a um nak zung in na chuak i sii cawk na kal tik ah sii bawi ca ttial mi le health insurance card kha phil hna hlah. Zei ban tuk card dah na ngei ti mi zoh in Siibawi ttial piak mi leng in phaisa peh aherh mi zong a um kho.</p>	<p>Some medicines you can only get with a prescription from your doctor. When you leave the doctor's office, you take the prescription to the pharmacy with your insurance card to get the medicine. Depending on what kind of insurance you have, you may have to pay part of the cost for each prescription.</p>
<p>Siibawi leh Sii an zuarh tu pawl ih nin chim mi ban tuk in naa thlun hi a biapi tuk hrim hrim. Nin chim mi naa fian lo a si ah cun halt than leng mang hna, a si lo ah holh let ter hna.</p> <p>An chin mi zat sii kha ei ding. A caan an ti ning te in sii ei ding. A ni le a zerh an ti ning te in peh peng nak in zuam.</p> <p>Na chung khar a si lo ah na hawi komhna kha sii cheu ve hlah. Sii bawi nih a zaw mi ca long ah attial.</p>	<p>It is extremely important that you follow the instructions given to you by your doctor and the pharmacist who gives you the medicine. If you do not understand the instructions, ask for them to be repeated, or request an interpreter.</p> <p>Take the exact <i>amount</i> of medicine that they tell you. Take it at the time of day they tell you. And <i>continue taking</i> the medicine for the number of days or weeks they tell you.</p> <p>Never <i>share</i> medicine with family or friends. A prescription medicine should only be taken by the patient it is for.</p>
<p>Sii na din mi nih na zawtnak hna a zual ter chin asiloah na tak hna a thak dih ah cun sii ei kha ngawl law na sii bawi sin ah a ran nak in chim. Tah chun nak ah sii na din mi nih na thaw hna an pih, na ttang hna a fak, na tak ah a sen mi hna an puang, na paw a fak ti ban tuk hna a si ah cun allergic a si i na sii bawi aran nak in chim colh.</p>	<p>If you have a bad reaction to a medicine, if it makes you feel worse or you have an <i>allergic reaction</i>, stop taking the medicine and tell your doctor immediately. For example, if taking the medicine gives you breathing problems, chest pains, a rash, or stomach problems, this might be an allergic reaction and you should talk to your doctor immediately.</p>