

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အသီ

ကသံၣ်ကသိးကသံၣ်လၢဟံၣ်ဃီပူၤ - 5

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Medications and Home Remedies - 5**

**KAREN**

<p>မံးစံး(စ်)လံလိၣ်ဘၣ်လၢကဘၣ်ဒုးအီအဖိမုၣ်ကသံၣ်မၤသံတၢ်ဆါဃာ် ဖဲမုၢ်ဆါခီအဆၢကတီၢ်ဖဲအဖိမုၣ်အိၣ်လၢကွီအခါလီၤ.အဝဲကိးလိတဲစိဆူ ကွီလၢကတဲသကိးတၢ်ဒီးကွီအကသံၣ်သရၣ်မုၣ်ကွၢ်ပှၤဆါလီၤ.</p>	<p>Mrs. Li needs her daughter to keep taking her antibiotics during the day while she is at school. She calls the school to talk to the <b>school nurse</b>.</p>
<p>အလိၣ်မုၢ်အိၣ်လၢနဖိကဘၣ်အီကသံၣ်လၢကွီန့ၣ်,နကဘၣ်ဆဲးကျါဒီးသရၣ် မုၣ်ကွၢ်ပှၤဆါလၢကွီလီၤ.နကတီၢ်ကီၤလၢဝါကျိၣ်မုၢ်တဘၣ်သၢပျၢၤ,ကွီကယု န့ၣ်နၢပှၤကျိၣ်ထံတၢ်ဖိလၢနဂီၢ်လီၤ. အဃိနတဲတၢ်ဒီးသရၣ်မုၣ်ဖိသ့လီၤလီၤလီၤ.  သရၣ်မုၣ်ကွၢ်ပှၤဆါလၢကွီမုၢ်တသ့ၣ်ညါထွဲတၢ်နီတမံၤဘၣ်: နဖိတဘၣ်လဲၤစိအီကသံၣ်ဖိၣ်ဆူကွီနီတမံၤဘၣ်.</p>	<p>If your child needs to take medicine to school, you must contact the school nurse. If you are not comfortable speaking English, the school will provide an <i>interpreter</i> for you, so that you can talk directly with the nurse. Your child should never take <i>any</i> medicine to school that the nurse does not know about.</p>
<p>ထီဘိမံးစံးလံမၤလီၤတၢ်လၢကတၢ်ထီၣ်ကွၢ်ဒူးကွၢ်ဝဲကသံၣ်လၢအဖိမုၣ် ကဘၣ်အီဝဲလီၤ.မုၢ်လၢဖိသၣ်တဖၣ်န့ၣ်အနီၢ်ဆံးန့ၣ်ဒီးပှၤနီၢ်ဒိၣ်သ့ၣ်တဖၣ် အဃိအဝဲသ့ၣ်ညါန့ၣ်အီဝဲကသံၣ်ဖိၣ်စ့ၤန့ၣ်ဒီးကသံၣ်ဖိၣ်တမံၤဃီလၢ ပှၤနီၢ်ဒိၣ်အီဝဲလီၤ.  လူၤပိၣ်မၤထွဲတၢ်န့ၣ်လီၤလီၤတၢ်လီၤဆဲးဖဲနဟ့ၣ်ဒုးအီနဖိကသံၣ်တက့ၢ်.မၤ သရၣ်မုၣ်ကွၢ်ပှၤဆါလၢကဒုးန့ၣ်နၢလၢနကဘၣ်ဟ့ၣ်ဒုးအီဖိသၣ်ဆံးဖိတဖၣ် ဒီးဖိသၣ်အိၣ်ဖျၢၣ်ထီၣ်သီတဖၣ်လဲၣ်တက့ၢ်.</p>	<p>Mrs. Li is careful to measure out the correct dosage for her daughter's medicine. Because children are smaller in size than adults, they usually need less of the same medicine.  Follow the instructions for giving medicine to your children very carefully. Ask the nurse to show you how to give medicine to very small children and babies.</p>