

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အသီ

ကသံၣ်ကသိးကသံၣ်လၢဟံၣ်ဃီပူၤ - 1

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

KAREN

<p>မံးစံး(စ်)လံန့ၣ်ထီၣ်ပလီၢ်ပဒီအသးဒီးကသံၣ်ဖီၣ်လၢအသ့ဝဲလၢအပူၤန့ၣ်ဝဲလၢပနံၣ်ရိကျးမ့တမ့ၢ်ကသံၣ်ကျးတဖၣ်လီၤ.တၢ်သ့ၣ်တဖၣ်အံၤတၢ်ကိးအီၤကသံၣ်လၢ “တၢ်ပူၤန့ၣ်ကသံၣ်ဖီၣ်လၢခိၣ်ထၢၣ်ဖီခိၣ်(over the counter)” တဖၣ်လီၤ.မ့ၢ်လၢနပူၤကသံၣ်ဖီၣ်တဖၣ်အံၤန့ၣ်လၢတလိၣ်နယုကသံၣ်သရၣ်အကသံၣ်ထံလဲဘၣ်န့ၣ်လီၤ.</p> <p>နမ့ၢ်တသ့ၣ်ညါကသံၣ်အမံၤလၢနလိၣ်ဘၣ်အီၤမ့တမ့ၢ်နမ့ၢ်အိၣ်ဒီးတၢ်သံကွၢ်သံဒီးတမံၤမံၤန့ၣ်သံကွၢ်ပှၤဆါကသံၣ်တက့ၢ်.အဝဲမ့ၢ်ပှၤတဂၤလၢအမၤလိဘၣ်ဝဲတၢ်မၤလိလီၤလီၤဆီဆီဘၣ်ဃးကသံၣ်ကသိးအဂ့ၢ်-ပၣ်ယုၣ်ဒီးကသံၣ်ကသိးလၢတလိၣ်ဒီးကသံၣ်အထံလဲဘၣ်န့ၣ်လီၤ.</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>အဝဲထီၣ်ဖးဝဲဒၣ်တၢ်နဲၣ်လီၤတဖၣ်လီၤတံၢ်လီၤဆဲးဂ့ၤဂ့ၤဒီးသ့ဝဲဒၣ်တၢ်သ့ၣ်တဖၣ်န့ၣ်ထဲလၢအပညိၣ်ပၣ်လီၤဝဲအသိးလီၤ.တဘၣ်အီၤဒီးသ့ကသံၣ်ဖီၣ်အါန့ၣ်တၢ်ပၣ်ဖျါလၢတၢ်နဲၣ်လီၤအပူၤတဂ့ၤ-တၢ်အံၤတမၤဘျါန့ၣ်န့ၣ်အလီၢ်ဘၣ်.</p> <p>ပလီၢ်သးလၢတၢ်ဖးတၢ်နဲၣ်လီၤဘၣ်ဃးတၢ်ဟ့ၣ်ကသံၣ်ကသိးဆူဖိသ့ၣ်တဖၣ်အအိၣ်န့ၣ်တက့ၢ်.တဘျီတခိၣ်အဝဲသ့ၣ်လိၣ်ဘၣ်ကသံၣ်ထဲစ့ၤကိၣ်ဖိ,ကသံၣ်လၢကဘၣ်အီၤဝဲလီၤလီၤဆီဆီတဖၣ်မ့တမ့ၢ်တဘၣ်အီၤဝဲကသံၣ်အံၤခဲလၢ်ဘၣ်.</p> <p>နအီၤကသံၣ်ဖီၣ်လၢနပူၤအီၤအီၤလၢကျးအပူၤတဖၣ်ဝံၤအလီၢ်ခံနမ့ၢ်တကိညါလီၤဘၣ်န့ၣ်,လဲၤထံၣ်လိၣ်သးဒီးကသံၣ်သရၣ်တက့ၢ်.</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>