

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ  
သီ

ကသံၣ်ကသိးကသံၣ်လၢဟံၣ်ယီၤပူၤ - 2

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

**KAREN**

<p>အဂၤတဘျီန့ၣ်,မံးစံးလံလဲၤဆူကသံၣ်သရၣ်အတၢ်မၤလိာ်ဒီးကသံၣ် သရၣ်ဟ့ၣ်လီၤအိၣ်ဒီးကသံၣ်အထံလဲန့ၣ်လီၤ. ကသံၣ်အထံလဲအံၤမ့ၢ်တၢ်ကွဲးလီၤကသံၣ်လၢ ကယါဘျီန့ၣ်တၢ်ဆူးတၢ်ဆါတခါအမံၤန့ၣ်လီၤ.မၤလိာ်တၢ်လၢနကထဲသကိးတၢ် ဒီးနကသံၣ်သရၣ်ဘၣ်ယးဒီးကသံၣ်ကိးမံၤဒီးမ့တမ့ၢ်တၢ်ယါဘျီကိးမံၤဒီး,ပၣ်ယုၣ်ဒီး ကသံၣ်အထံလဲအဂၤတဖၣ်ဒီးကသံၣ်ကသိလၢဟံၣ်ယီၤပူၤလၢနအိၣ်အိၣ် တဖၣ်န့ၣ်တက့ၢ်.</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>ကသံၣ်တနီၤနီၤန့ၣ်နမၤန့ၣ်အိၣ်သ့ဒ်ထဲဖဲနမၤန့ၣ်ကသံၣ်အထံလဲလၢနကသံၣ် သရၣ်အအိၣ်န့ၣ်လီၤ.ဖဲနဟးထီၣ်လၢကသံၣ်သရၣ်အတၢ်မၤလိာ်န့ၣ်ဟဲက့ၢ်စီၣ် နကသံၣ်အထံလဲဆူကသံၣ်ကျးယုၣ်ဒီးနလံာ်အုၣ်သးအက့ၢ်လၢနကမၤန့ၣ် ကသံၣ်အဂီၢ်တက့ၢ်.တၢ်အံၤဒီးသန့ၤထီၣ်သးလၢနအိၣ်ဒီးလံာ်အုၣ်ကီၤသးခးက့ ဒ်လဲၣ်တကလုာ်န့ၣ်လီၤ.ဘၣ်သ့ၣ်သ့ၣ်နကဘၣ်ဟ့ၣ်ကသံၣ်အပူၤတနီၤလၢ ကသံၣ်အထံလဲတခါစုာ်စုာ်အဂီၢ်န့ၣ်လီၤ.</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>အရူၣ်ဒိၣ်ကတၢ်လၢနကလူၤပိာ်မၤထွဲတၢ်န့ၣ်လီၤလၢနကသံၣ်သရၣ်ဒီး ပုၤဆါကသံၣ်လၢအတၢ်န့ၣ်လီၤလၢအဟ့ၣ်နၢကသံၣ်န့ၣ်လီၤ. နမ့ၢ်တနၢ်ပၢၢ်တၢ်န့ၣ်လီၤဘၣ်ဒီး, မၤအဝဲသ့ၣ်လၢကထဲကဒီးနၢ,မ့တမ့ၢ်ယုၤပုၤကျိာ်ထံတၢ်ဖိတက့ၢ်.  အိၣ်ကသံၣ်အဖျါပုၤပုၤဒ်အဝဲသ့ၣ်တဲနၢတက့ၢ်.အိၣ်ကသံၣ်လၢတၢ်ဆါကတီၢ် လၢအဝဲသ့ၣ်တဲနၢတက့ၢ်.ဒီးဆဲးအိၣ်ကသံၣ်လၢနၢသီပုၤသီမ့တမ့ၢ်ပုၤန့ၣ်အတီၢ်ပူၤ ဒ်အဝဲသ့ၣ်တဲနၢတက့ၢ်.  တဘၣ်ဟ့ၣ်နီၤလီၤကသံၣ်ဆူနဟံၣ်ဖိယီၤဖိဒီးနတံၤသကိးတဖၣ်တဂ့ၤ. ကသံၣ်အထံလဲအံၤမ့ၢ်ထဲပုၤဆါလၢကဘၣ်အိၣ်ကသံၣ်တဂၤအဂီၢ်လီၤ.</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.  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.  Never <i>share</i> medicine with family or friends. A prescription medicine should</p>

	only be taken by the patient it is for.
<p>နမ့်တဘဉ်လိာ်ဒီးကသံဉ်,ဒီးနမ့်တူာ်ဘဉ်နးန့ာ်အလိာ်သၢပျၢမ့တမ့ာ်နမ့ာ် တဘဉ်လိာ်ဒီးကသံဉ်အံၤဘဉ်ဒီးတဘဉ်အီကသံဉ်အံၤလၢတဂ့ၤဒီးဒုးသ့ဉ်ညါ နကသံဉ်သရဉ်လၢအဆိအချ့တက့ၢ်.အဒိ-တၢ်မ့ာ်ဟ့ဉ်နၤကသံဉ်လၢ နကသၢထီဉ်သၢလိာ်တၢ်ကီတၢ်ခဲ,သးနၢပုာ်ဆါ,တၢ်ကပြု,မ့တမ့ာ်ဟၢဖၢဆါအဂီၢ်ဒီး ဘဉ်သ့ဉ်သ့ဉ်ကသံဉ်အံၤမ့ာ်တဖိးလိာ်ဒီးနၤဘဉ်န့ဉ်န့ဉ်န့ဉ်န့ဉ်န့ဉ်န့ဉ်ညါနကသံဉ်သရဉ် လၢအဆိအချ့လီၤ.</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>