

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အသီ

ကသံၣ်ကသိးကသံၣ်လၢဟံၣ်ဃီပူၤ - 3

**Safe, Smart and Healthy – Keys to Success in Your New Home
Medications and Home Remedies - 3**

KAREN

<p>ကသံၣ်အထံလဲအံၤမ့ၢ်လၢကသံၣ်မၤသံတၢ်ဆါယၢ်တဖၣ်အဂီၢ်န့ၣ်,နကဘၣ်အိၣ်ကသံၣ်ခဲလၢလၢအဘၣ်တၢ်ဟ့ၣ်လီၤနၤတုၤအလၢၣ်ဖဲနကိညၢ်လီၤဝံၤအလီၢ်ခဲဒၣ်လဲၣ်လီၤ.အိၣ်ကသံၣ်မၤသံတၢ်ဆါယၢ်တဖၣ်တုၤအလၢၣ်ခဲလၢတက့ၢ်.</p>	<p>If the prescription is for antibiotics, you must take ALL of the medicine you are given, even after you are feeling better. Finish <i>all</i> of the antibiotics.</p>
<p>သူဒၣ်ကသံၣ်မၤသံတၢ်ယီၤ ကသံၣ်အထံလဲလၢနကသံၣ်သရၣ်ဟ့ၣ်လီၤနၤန့ၣ်တက့ၢ်. လုၤတက့ၤတဘၣ်စူးကါကသံၣ်မၤသံတၢ်ဆါယၢ်လၢနဟံၣ်ဖိဃီဖိမ့တမ့ၢ်နတံၤသကိးတဖၣ်ဟဲစိၣ်န့ၣ်နၤလၢထံၣ်ကီၢ်ကတဂ့ၤ.ဖဲတၢ်တသူကသံၣ်မၤသံတၢ်ယူးယၢ်ဘၣ်ဘျီးဘၣ်ၤန့ၣ်,နၤဒီးနဖိနလံၤတဖၣ်ကဆါၣ်ထီၣ်န့ၣ်အလီၢ်ဒီးကဘျါအဂီၢ်ကယံၣ်ဝဲလီၤ.</p>	<p>Only use antibiotics that you have gotten from a prescription from your doctor. Never use antibiotics brought from other countries by family or friends. When antibiotics are not used correctly, you and your children can become even sicker, and it will take longer to get well.</p>
<p>တၢ်ဟ့ၣ်ကသံၣ်အထံလဲအံၤမ့ၢ်လၢတၢ်ပသိၣ်ဆါဘၣ်ကဲမ့တမ့ၢ်တၢ်တြီဆါပသိၣ်တၢ်ဆါအဂီၢ်န့ၣ်နကဘၣ်အိၣ်ကသံၣ်ခဲလၢလၢတၢ်ဟ့ၣ်လီၤနၤလၢနကသံၣ်အထံလဲအပူၤန့ၣ်လီၤ.တဘျီတခီၣ်,ပသိၣ်တၢ်ဆါကသံၣ်န့ၣ်တၢ်န့ၣ်လီၤအိၣ်လၢတၢ်ကဘၣ်အိၣ်အိၣ်လၢခွံလါအတီၢ်ပူၤလီၤ.တၢ်အံၤမ့ၢ်တၢ်လီၤဘၣ်ယိၣ်ဒိၣ်မးလၢနကဟံၣ်ပတုၢ်အိၣ်ကသံၣ်အံၤတချူးလၢနအိၣ်အိၣ်ခဲလၢတစုလီၤ.</p> <p>နအိၣ်ကသံၣ်လၢကိးလါဒဲးလၢပသိၣ်တၢ်ဆါအဂီၢ်မ့ၢ်တလၢၣ်ဘၣ်န့ၣ်,နတၢ်ကိတၢ်ခဲကအိၣ်ဖးဒိၣ်လၢတၢ်န့ၣ်လီၤအိၣ်ဆိးထံကီၢ်တၢ်အိၣ်သးဒီးနကကဲထီၣ်ပုၤန့ၣ်လီၤအိၣ်ဆိးထံဖိကီၢ်ဖိမ့တမ့ၢ်ထံဖိကီၢ်ဖိအဂီၢ်ကကိကခဲလၢနဂီၢ်လီၤ.</p>	<p>If your prescription is for a tuberculosis infection or to <i>prevent</i> tuberculosis, you must take all of the medicine for the entire time of the prescription. Sometimes tuberculosis medicine is prescribed for 9 months. It is very dangerous to stop taking this medicine before using it <i>all</i>.</p> <p>If you do <i>not</i> complete all the months of medicine for tuberculosis, you can jeopardize your immigration status and it will be harder to become a permanent resident or citizen.</p>

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