

Umutekano, Ubushishozi n'Ubuzima: Ngizo Imfunguzo z'Ishya n'Ihirwe mu rugo rwawe.

Gufata Imiti no Kwivura Magendu – 1

Safe, Smart and Healthy – Keys to Success in Your New Home

Medications and Home Remedies – 1

KINYARWANDA

Umugore wa Li iteka arigengesera iyo aguze imiti mu maduka no muri farumasi. Iyo miti ni iyo twita mu cyongereza “over the counter” bivuga ko ushobora kuyinywa n’iyo udafite uruhusa rwa muganga.

Iyo utazi izina ry’umuti cyangwa ufite ikibazo, baza umuntu wize iby’imiti. Uwo ni umuntu uhugukiwe mu by’imiti ndetse na yayindi itagomba uruhusa rwa muganga.

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.

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.

Buri gihe asoma amabwiriza yitonze kandi ayikoresha gusa aho yagenewe gukoreshwa. *Ntugafate* imiti irengeje urugero rutangwa n’amabwiriza kuko si byo bituma ukira vuba.

Itondere gusoma amabwiriza igihe ugiye guha *abana* imiti. Rimwe na rimwe baba bakeneye urugero ruto cyangwa ubundi bwoko bw’umuti cyangwa batagomba kuwufata na gato.

Niba umuti ufashe nta ruhusa rwa muganga utagize icyo ukumarira, *jya kwa muganga*.

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.

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.

If you don’t get better after taking medicines you purchase at the store, go see a doctor.