

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

KIRUNDI

<p>Umupfasoni Li yama yitonda cane mu gukoresha imiti agura mu mangazini canke muri farumasi. Iyi miti yitwa “Over the Counter ” kubera yuko ushobora kuyigura naho muganga atoba yayikwandikiye.</p> <p>Iyo utazi izina ry’umuti wifuza, canke uwufiseko amakenga, baza abagurisha imiti. Abo baba barize cane ivy’imiti – utibagiye n’iyo miti itarinda kwandikwa na muganga.</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>Yama asoma yitonze amabwirizwa ajanye n’imiti kandi akayikoresha gusa ico yagenewe. <i>Ntiwigere narimwe</i> ufata imiti irenze iyo wandikiwe – kuko siho izogukiza n’ingoga.</p> <p>Witonde mu gusoma amategeko yo guha <i>abana</i> umuti. Rimwe na rimwe, baba bakeneye muke, ubundi bwoko bw’umuti , canke ntibaba bakwiye no kunywa.</p> <p>Wumvise udatoye mitende umaze kunywa imiti waguze mu mangazini, <i>ca uja kwa muganga</i>.</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>