

Uburyo Bwiza, Butomoye, Mu Magara Meza no Kumererwa Neza Aho Ugiye Kuba Hashasha
Gukoresha imiti isanzwe hamwe n’imiti y’ikirundi. - 4

Safe, Smart and Healthy – Keys to Success in Your New Home
Medications and Home Remedies - 4

KIRUNDI

<p>“Ntukoreshe imiti ishaje canke yarengeje igihe. Raba amatariki ku gacupa. Uzosoma Ukwezi/Itariki/Umwaka. Ni mba ubonye itariki y’uyu musu irenga itariki ku gacupa, ta iyo miti mw’iyarara.”</p>	<p>Do not use medicine that is old or expired. Look at the date on the bottle. It will show a Month/Day/Year. If today is after that date, throw the medicine in the garbage.</p>
<p>Iyo ya miti wagura mumanagazini canke imiti y’ikirundi itakuvuye, ja kwa muganga buno nyene.</p> <p>Iyo bikenewe yuko unywa iyo imiti igihe kirekire, urakwiye kuja ku bagurisha imiti kugirango baguhe iyindi. Vytwa <i>refill mu congereza</i>.</p>	<p>If over-the-counter medicines or your home remedies do not make you feel better, be sure to go see the doctor.</p> <p>If you have to take medicine during a longer period of time, you will need to go to the pharmacy and get more. This is called a refill.</p>
<p>Urashobora guterefona umuganga asanzwe akuvura, ukamusaba guhamagara abo muri farumasi kugira ngo bakwongere iyindi, arivyo bita refill . Hanyuma uca uja kuri farumasi kuyitora. Wame wibuka kwitwaza ikarata yawe yo kwivuzwa mw’iguriro ry’imiti.</p>	<p>You can <i>call</i> your doctor’s office, and ask them to call the pharmacy with your refill prescription. You can then go <i>directly</i> to the pharmacy to pick it up. Be sure to always bring your insurance card to the pharmacy.</p>
<p>Rimwe na rimwe imiti irihwa bakoresheje ikarata ya leta yo kwivuzwa canke ikarata yo kwivuzwa uhawe n’ukoresha. Hariho n’ikindi gihe wewe nyene wigurira imiti mu mahera yiwawe.</p>	<p>Sometimes medicines are paid for by your government health insurance card or your work health insurance. There will be other times when you have to pay for medicine with your own money.</p>