

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub
Daryeelka Caafimaadka / Caymiska Caafimaadka - 1**

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

SOMALI

<p>Marwo Li markasta way taxadirtaa marka ay dawooyinka ka soo iibsato dukaanka ama farmasiga. Dawooyinkaas waxa la yidhaahdaa dawooyinka la iibsan karo warqad dhakhtar la'aanteed (over the counter) sababta oo ah waxa aad iibsan karta adiga oo aan warqad ka haysan dhakhtarka.</p> <p>Haddii aanad garanaynin magaca dawada aad u baahan tahay ama aad su'aalo qabtid, weydii farmasiilaha. Qofkaasi waxa qof tababar gaar ah u leh dawooyinka—waxa ku jira dawooyinka aan u baahnayn warqad dhakhtar.</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>Waxay markasta si taxadir leh u akhridaa fariimaha waxana ay isticmaashaa kaliya ujeedada loogu talagalay. <i>Ha</i> qaadan dawo ka badan inta lagu sheegay fariimaha—ma dhacayso in aad dawada hore ugu fiicnaatid marka qadar siyaado ah ka qaadatid.</p> <p>Taxadir u yeelo akhrinta fariimaha ku saabsan dawooyin la siinayo <i>caruurta</i>. Marmarka qaarkood, caruurta u baahan yihiin qadaro yaryar dawada la siiyo, marmarka qaarkoodna waxay u baahan yihiin nooc kale oo si buuxda uga duwan dawada qofka weyn, marmarka kalena waa inaan laba waxba laga siin dawada oo dhan.</p> <p>Haddii aanad ku fiicnaan dawada aad ka iibsatay dukaanka, u tag oo <i>soo eeg dhakhtarka</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>