

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub
Daryeelka Caafimaadka / Caymiska Caafimaadka - 2**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Medications and Home Remedies - 2**

SOMALI

<p>Marmarka qaarkood, waxa dhacday in marka ay Marwo Li tagtay xafiiska dhakhtarka soo qoro dawo. Warqad dawo oo dhakhtar soo qoray (prescription) waxa ku qoran dawo daweyn doonta dhibaato gaar ah oo aad qabtid. U hubso inaad dhakhtarkaaga u sheegtid dhamaan dawooyinka aad qaadatid, oo ay ku jiraan dawooyinka dhakhtar kuu qoray iyo daweynnada guriga ama dhaqankiina.</p>	<p>Other times, Mrs. Li has gone to the doctor’s office and been given a prescription by the doctor. A prescription is for medicine that will treat a specific problem you have. Make sure you tell your doctor about all the medicines or cures you are taking, including other prescriptions and home remedies.</p>
<p>Dawooyinka qaarkood waxa kaliya ee aad ku heli kartaa warqad uu soo qoray dhakhtarkaagu. Marka aad ka tagtid xafiiska dhakhtarka, waxa aad warqadda geynaysaa farmasiga adiga oo sita kaadhkaaga caymiska caafimaadka si aad u heshid dawada. Iyada oo ku xidhan nooca caymiska caafimaadka ee aad haysatid, waxa laga yaabaa in lagaa rabo inaad bixisid qayb ka tirsan kharashka dawada lagu soo qoray.</p>	<p>Some medicines you can only get with a prescription from your doctor. When you leave the doctor’s office, you take the prescription to the pharmacy with your insurance card to get the medicine. Depending on what kind of insurance you have, you may have to pay part of the cost for each prescription.</p>
<p>Waxa si weyn muhiim u ah inaad raacdid fariimaha uu ku siiyo dhakhtarkaagu iyo fariimaha uu kuu sheego farmasiilaha dawada kuu siinaya. Haddii aanad fahamsanayn fariimahaas, weydiiso in laguugu soo celiyo, ama weydiiso turjubaan.</p> <p>Qaado <i>qadarka</i> dawada ee saxda ah ee ay kuu sheegaan. Qaado wakhtiga maalinta ee ay kuu sheegaan. <i>Siina wad qaadashada</i> dawada inta maalmool ama todobaad ee ay kuu sheegaan.</p> <p>Marna dawada ha la <i>wadaagin</i> dadka qoyskaaga ka tirsan ama saaxiibada. Dawada dhakhtarku soo qoray waa inuu qaato kaliya bukaanka loo soo qoray.</p>	<p>It is extremely important that you follow the instructions given to you by your doctor and the pharmacist who gives you the medicine. If you do not understand the instructions, ask for them to be repeated, or request an interpreter.</p> <p>Take the exact <i>amount</i> of medicine that they tell you. Take it at the time of day they tell you. And <i>continue taking</i> the medicine for the number of days or weeks they tell you.</p> <p>Never <i>share</i> medicine with family or friends. A prescription medicine should only be taken by the patient it is for.</p>

Haddii jidhkaagu dawadu si xun u diido, ama haddii dawadu ay kaaga sii darto ama haddii aad *diidmo ama xasaasiyad* u yeelatid dawada, jooji qaadashada dawada oo isla markiiba u sheeg dhakhtarkaaga. Tusaale ahaan, haddii qaadashada dawadu kuu keento dhibaatooyin neefsashada ah, xanuun laabta ah, finan, ama xanuun caloosha ah, waxa laga yaabaa inay tahay diidmo ama xasaasiyad aad dawada u leedahay, waana inaad isla markiiba la hadashid dhakhtarkaaga.

If you have a bad reaction to a medicine, if it makes you feel worse or you have an *allergic reaction*, stop taking the medicine and tell your doctor immediately. For example, if taking the medicine gives you breathing problems, chest pains, a rash, or stomach problems, this might be an allergic reaction and you should talk to your doctor immediately.