

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub
Daryeelka Caafimaadka / Caymiska Caafimaadka - 4**

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

SOMALI

<p>“Ha isticmaalin dawo gabowday ama wakhtigeedi dhacay. Fiiri taariikhda ku qoran dhalada. Waxay ku tusi doontaa Bisha/Maalinta/ iyo Sannadka. Haddii maanta la dhaafay taariikhdaas, dawada ku tuur qashinka.”</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>Haddii dawooyinka la iska iibsan warqad dhakhtar la'aanteed ama dawo dhaqameed aanad ku soo fiicnaan, waa inaad u tagtid dhaktharka.</p> <p>Haddii ay tahay inaad dawada qaadatid mudo sii dheer, waxa aad u baahan doontaa inaad tagtid farmasiga oo aad in kale soo qaadatid. Waxa taas la yidhaahdaa <i>cusbooneysin dawo (refill)</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>Waxa aad wici kartaa xafiiska dhakhtarkaaga oo aad weydiin kartaa inay wacaan farmasiga oo u sheegaan in lagu cusbooneysiyo dawada kuu qoran. Ka dib waxa aad toos u tagi kartaa farmasiga si aad u soo qaadatid dawada. U hubso inaad marwalba kaadhkaaga caymiska caafimaadka u soo qaadatid farmasiga.</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>Marmarka qaarkood kharashka ama lacagta dawooyinka waxa lagu bixiyaa kaadhka caymiska caafimaadka ee dawladda ama kaadhkaaga caymiska caafimaadka ee shaqada. Waxa iman doonto wakhtiyo kale oo lagaa rabi doono inaad dawada lacagtaada ku bixisid ama jeebkaaga ka bixisid.</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>