

**Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya
Dawa na Matibabu ya Nyumbani - 2**

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

SWAHILI

<p>Wakati mwingine, Bi. Li anaenda kwenye ofisi ya daktari na kupewa agizo na daktari. Agizo ni la dawa ambayo itatibu tatizo fulani ulilonalo. Hakikisha umemwambia daktari wako kuhusu dawa zote au matibabu unayotumia, pamoja na maagizo <i>mengine</i> na matibabu ya nyumbani.</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>Dawa zingine unaweza kupata <i>tu</i> kwa maagizo kutoka kwa daktari. Wakati unapotoka kwenye ofisi ya daktari, unapeleka agizo hilo kwenye duka la dawa - na kadi yako ya bima ili kupata dawa. Ikitegemea na aina ya bima uliyonayo, <i>huenda</i> ukalazimika kulipa sehemu ya gharama kwa kila agizo.</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>Ni muhimu sana kwamba ufuata maagizo uliyopewa na daktari wako na muuzaji dawa aliyekupa dawa hizo. Kama huelewi maagizo, waulize warudie, au omba mkalimani.</p> <p>Tumia <i>kiwango</i> kamili cha dawa wanachokuambia. Itumie <i>wakati wa siku</i> wanayokuambia. Na <i>endelea kutumia</i> dawa kwa siku au wiki wanazokuambia.</p> <p>Kamwe <i>usishiriki</i> dawa na familia au marafiki. Dawa za agizo zinapaswa kutumiwa na mgonjwa anayekusudiwa tu.</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>
<p>Kama una athiriwa na dawa, na zinakufanya ujisikie vibaya zaidi au una <i>mzio</i>, wacha kutumia dawa na umwambie daktari wako mara moja. Kwa mfano, kama kutumia dawa hukupa matatizo ya kupumua, maumivu kifuani, upele, au matatizo ya tumbo, huenda hii ni mzio na unapaswa kuongea na daktari wako <i>mara moja</i>.</p>	<p>If you have a bad reaction to a medicine, if it makes you feel worse or you have an <i>allergic reaction</i>, 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.</p>