

**Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya
Dawa na Matibabu ya Nyumbani - 4**

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

SWAHILI

<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>"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>Kama dawa za kwenye kaunta au matibabu ya nyumbani hayakufanyi upate nafuu, nenda ukamwone daktari.</p> <p>Kama ni lazima utumie dawa kwa muda mrefu zaidi, utahitaji kwenda kwenye duka la dawa na upate zaidi. Hii huitwa kwa Kiingereza "refill".</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>Unaweza <i>kupiga simu</i> kwenye ofisi ya daktari wako, na uwaulize, wapige simu kwenye duka la dawa na agizo lako la dawa zaidi. Unaweza kwenda <i>moja kwa moja</i> kwenye duka la dawa kuzichukua. Hakikisha kila wakati unaenda na kadi yako ya bima kwenye duka la dawa.</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>Wakati mwingine dawa hulipwa na kadi yako ya bima ya afya ya serikali – au bima yako ya afya ya kazini. Kutakuwa na nyakati <i>nyingine</i> ambazo ni lazima ulipie dawa na pesa zako mwenyewe.</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>