

**ድህነት ብልጽግና ጥሂናኹምን መፍትሕ ምሂባለኹም ኣብ ሓድሽ ገዛኹም
ምሕካምን ናይ ባህላዊ መድሃኒታትን - 1**

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

<p>ወ/ሮ ሊ መድሃኒት ካብ ድኻን ወይ ካብ ፋርማቻ ክትገበእ ከላ ብዙሕ ጥንቃቄ ትገብር እያ። እዚኦቶም “ልዕሊ ጣውላ” መድሃኒታት ተባሂሎም ይጽውዑ፣ ምክንያቱ ብዘይ ናይ ሓኪም ጽሑፍ ክግበሉ ስለ ዝኸለሉ።</p> <p>እንተድኣ እቲ እትደልዮ መድሃኒት ስሙ ዘይትፈልጦ ኮይንካ ወይውን ሕቶ ተለዩካ፣ ንፋርማሲስት ሕተት። እዚ ሰብዚ ፍሉይ ክእለት ናይ መድሓኒት ዘለዎ እዩ፣ ብዛዕባ ወረቓት ዘድልዮምን ወረቓት ዘየድልዮምን።</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>ኩሉ ጊዜ ነቲ መምርሒ ተመርኪውሳ ነቲ ዘድልዮ ጥራይ እያ ትወስድ። ካብ ዝግባእካ ንላዕሊ ኣይትውሰድ። ካብ ዝተኣዘዘካ ንላዕሊ ምውሳድ ማለት ከኣ ቀልጢፉ ከሕውየካ ማለት ኣይኮነን።</p> <p>ንቆልፁ መድሃኒት ክትህብ ከሎኻ ነቲ መምርሒ ተጠንቂቕካ ኣንብቦ። ሓደ ሓደ ጊዜ ንእሽቶ መጠን፣ ሓድሽ ስርሓት መድሃኒት፣ ወይውን ፈጽምካ ዘይውሰድ ኪኸውን ስለዝኸለል።</p> <p>ካብ ፋርማቻ ዝገበእካዮ መድሓኒት ወሲድካ እንተድኣ ዘይሓሸካ፣ ናብ ሓኪም ደጊም ክትረኣ ኪድ።</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>

Text is from 'Safe, Smart and Healthy: Keys to Success in Your New Home' created by the Ohio Department of Job and Family Services - Refugee Services Section. This handout has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Blanket Purchase Agreement No. HHSN276201400002B.