

**ድሕነት ብልጽግና ጥሂናቹምን መፍትሕ ምህባላቸውም አብ ሓድሽ ገዛቸውም
ምሕካምን ናይ ባህላዊ መድሃኒታትን - 2**

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

<p>ካብ ገሊኡ እዋናት፣ ወ/ሮ ሊ ናብ ሓኪም ከይዳ ብሓኪም እተጸበገ ወርቕት ተዋሂባ ኣላ። ናይ ሓኪም መእመዚ መድሃኒት ወርቕት፣ ነቲ መድሃኒት ብግብኡ ክትወስዱ ዘሎካ ዝሕብር እዩ። ንሓኪምካ ኩሉ መድሃኒታት እትወስዱ ዘሎካን ካልእ ጽሑፍ ናይ ሓኪም ዘሎካን ናይ ባህላዊ መድሃኒትን ኣጠቓሊልካ ሓብር።</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>ገሊኡ መድሃኒታት ብዘይ ናይ ሓኪም ወርቕት ኣይወሃብን እዩ። አብ ሕክምና ክትከይዱ እንከሎካ ናይ ሓኪም ዝተጸበገኩካ ወርቕት ምስ ናይ መድሕን ካርድ ሕዚካ ነቲ ነፍሲ ወከፍ ካብ ፋርማቻ ክትረኽቦ ይከኣል እዩ። አብ ገለ ገለ ክፋል ናይቲ ዝተጸበገኩካ ክትከፍል እቲ ዘሎካ ናይ መድሕን ካርድ ወሳኒ እዩ።</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>ብሓኪምካን ብፋርማሲስቲ ዝተዋህበካ መምርሒ ብጥብቂ ክትሰዕቦ የድሊ። እንተድኣ ዘይተረገዳካ ሕተቶም። ንክደግሙልካ ወይ ድማ ኣስተርጓሚ ከምጽኡልካ ተወክሶም። እቲ ልክዑ መጠን ውሰዶ። አብታ ዝነገሩካ ሰዓትን መዓልቲን ውሰዶ። ንክንድቲ ዝተጸበገኩካ መዓልትት ወይ ሳምንቲ ከኣ ቀጸልካ ውሰዶ። መድሃኒት ምስ ስድራካ ወይ ምስ ኣዕሩኽትካ ኣይተማቐሎ። እቲ መድሃኒት እቲ ዝተጸበገሉ ሰብ ጥራይ ክወስዶ ይግባእ።</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>

እንተደክ ሓደ መድኃኒት ጥእና ዘይሃበካ
ኮይኑ፣ እንተደክ ዝገደደ ወይ አለርጂክ
ዝገብረልካ ኮይኑ መድሃኒት ምውሳድ አቋሪጽካ
ብኡ ንብኡኡ ንሓኪምካ ንገሮ። ንኣብነት እቲ
እትወስዶ ናይ ምስትንፋስ ሽግር፣ ቃንዛ
አፍልብኻ፣ ምቅያሕ ቆርበትካ ወይ ናይ ጨጎራ
ሽግር አምጺኡልካ፣ እዚ ናይ አለርጂክ ምልክት
ኪኸውን ይኸእል። ብኡ ንብኡኡ ከኣ ንሓኪምካ
ከተጣራርቦ አሎካ።

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.