

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

**AMHARIC**

<p>በሌሎች ጊዜያት፣ ወይም ለ ወደ ደክተር ቢሮ ሄዳ ደክተሩ የመድሃኒት ማዘዣ ሰጣት። የመድሃኒት ማዘዣ የሚሰጠው ያለቦታትን አንድ አይነት ህመም ለማከም ነው። ለደክተርዎ የሚወሰዷቸውን መድሃኒቶች እና ሌሎች መፍትሄዎች፣ እንዲሁም ሌሎች መድሃኒት ማዘዣዎችን እና የባህላዊ መድሃኒቶችን ጨምሮ በሙሉ መንገርዎን እርግጠኛ ይሁኑ።</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>አንዳንድ መድሃኒቶችን ማግኘት የሚችሉት በሃኪምዎ በሚሰጥዎት ማዘዣ ብቻ ነው። ከደክተሩ ቢሮ ወጥተው መድሃኒቱን ለመወሰድ ወደ መድሃኒት መደብር ሲሄዱ የመድሃኒት ማዘዣውን እና የህክምና ካርድዎን ይዘው መሄድ አለብዎት።</p> <p>እርስዎ እንዳልዎት የህክምና ዋስትና አይነት ለአያንዳንዱ የመድሃኒት ማዘዣ የተወሰነውን ዋጋ መክፈል ሊኖርብዎ ይሆናል።</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>በደክተርዎ እና መድሃኒቱን በሰጥዎት ፋርማሲስት የተሰጥዎትን መመሪያ በትክክል መከተል በጣም አስፈላጊ ነው። መመሪያው ካልገባዎት ትእዛዙ እንዲደገምልዎ ወይም አስተርጓሚ ይጠይቁ።</p> <p>የተዘዘዘልዎትን መድሃኒት ትክክለኛውን መጠን ብቻ ይወስዱ። እነርሱ እንዲወስዱ በንገርዎት ሰዓት ይውሰዱ። እንዲሁም እነርሱ እንዲወስዱ በንገርዎት መሰረት መድሃኒቱን ለቀናት ወይም ለሳምንታት መውሰድዎን ይቀጥሉ። መድሃኒትዎን ከቤተሰብዎ ጋር ወይም ከጓደኛዎ ጋር በፍጹም አይጋሩ። የታዘዘ መድሃኒት ለታዘዘለት ታካሚ ብቻ ነው መወሰድ ያለበት።</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>መድሃኒቱ መጥፎ ምልክቶችን  ካሳይዎት፣ ወይም ህመምዎን  ካባባሰብዎት፣ ወይም የአላርጂ መልክት  ካሳይዎት መድሃኒቱን መውሰድ አቁመው  <u>ወዲያውኑ ለዶክተርዎ ይነጋግሩ።</u>  ለምሳሌ መዲሃኒቱን መውሰድ የመተንፈስ  ችግር፣ የደረት ህመም፣ ሽፍታ፣ ወይም  የሆድ ህመም ካሰከተልብዎት ይህ  የአላርጂ ምልክት ሊሆን ስለሚችል  ወዲያውኑ ዶክተርዎን ያነጋግሩ።</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>
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