

**Him tein, Smart tein le Dam tein: Na um nak hmun thar
ah khuaawng pemh nak tawh fung hna.**

Sii hmang ning le harh dam nak caah inn lei i zoh khien ning – 4

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

HAKHA CHIN

<p>A kum a luan cang mi sii ding hlah. A ca ttial mi ttha te in zoh. A ni, thla, kum aa ttial dih lai. Ni khat le a luan zong ah cu sii cu na hlonh a herh.</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>Over- the – counter sii le na inn chung ah a sang sii na hman mi nih an damh lo ah cun sii bawi sin ah kal hrim ko.</p> <p>Caan sau deuh sii din ding an si ah cu sii zuar nak dawr ah kal law a tam deuh i caw hna Hi hi (refill) chap chip, a si lo ah nawlchih mi ti asi.</p>	<p>If over-the-counter medicines or your home remedies do not make you feel better, be sure to go see the doctor. 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>Na sii bawi zung kha au hna law an mah nih sii dawr (pharmacy) ah nawl chih mi (refill) le sii bawi ttial mi ca an rak tuah lai. Cun direct in siidawr ah na va lak khawh. Zeitikhmanh ah Health insurance card sii dor i ken kha philh hlah.</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>A can ah cun na sii man cozah health insurance card nih an pek a si loah na rian ttuan nak health insurance nih an pek. Nang mah te in na sii man na pek a herh can hna zong a um lai.</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>