

Umutekano, Ubushishozi n'Ubuzima: Ngizo Imfunguzo z'Ishya n'Ihirwe mu rugo rwawe.

Gufata Imiti no Kwivura Magendu – 4

Safe, Smart and Healthy – Keys to Success in Your New Home

Medications and Home Remedies – 4

KINYARWANDA

<p>“Ntugakoreshe imiti ishaje cyangwa yarengaje igihe. Reba itariki yanditse ku icupa. Irakwereka ukwezi/umunsi n’umwaka. Uyu munsi niba uza nyuma y’umunsi ntarengwa, jugunya uwo muti mu myanda.”</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>Niba urimo gufata imiti utandikiwe na muganga ikabantacyo iri kukumarira, jya kwa muganga.</p> <p>Niba ugomba gufata imiti mu gihe kirekire jya kuri farumasi ugure indi miti. Ibyo byitwa ‘<i>refill</i>’ mu cyongereza.</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>Ushobora guhamagara mu biro bya muganga wawe ukabasaba ko bahamagarira farumasi kugirango bakwongere indi imiti.</p> <p>Nyuma ushobora kujya kuri farumasi kuyifata. Wibuke kujyana ikarita y’ubwishingizi kuri farumasi.</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>Rimwe na rimwe imiti yishyurwa n’ubwishingizi bw’ubuzima bwishyurwa na leta cyangwa bw’umukoresha wawe. Ariko hari igihe bizaba ngombwa ko wiyishyurira.</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>