

Kontinye pran medikaman kont Tibèkiloz la

Keep taking your TB medicine



Pa bliye pwochen vizit kay doktè w.

Remember your next doctor visit.

Mwa Month							
Jou Day	Di Dimanch Sunday	L Lendi Monday	Ma Madi Tuesday	Mè Mèkredi Wednesday	J Jedi Thursday	V Vandredi Friday	S Samdi Saturday
Dat Date							



Maten
Morning



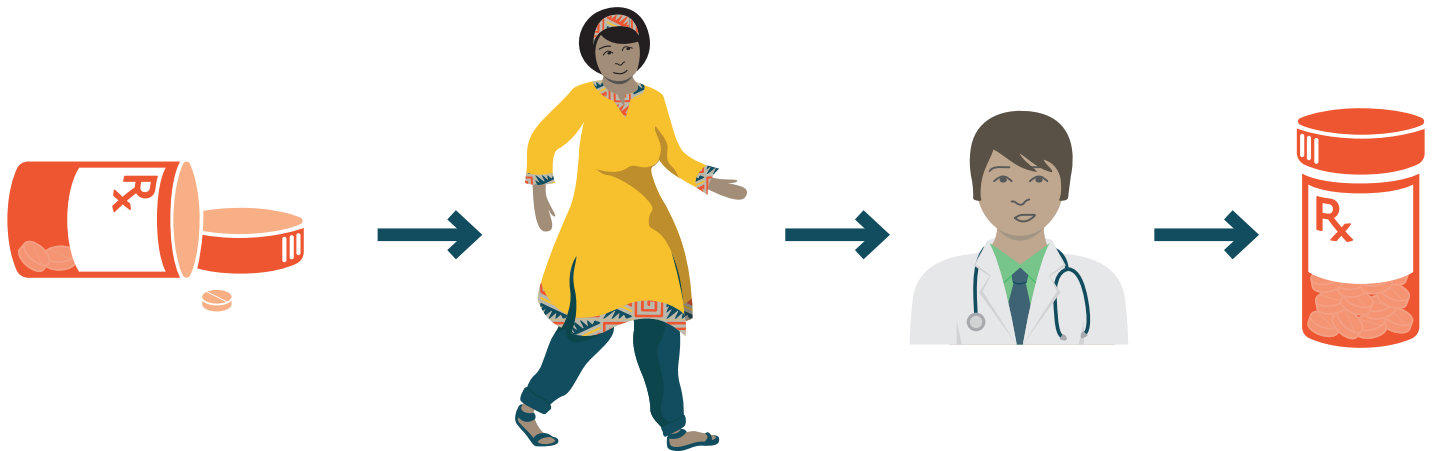
Apremidi
Afternoon



Aswè
Night

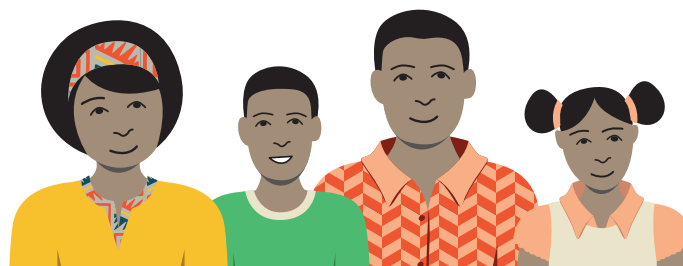
Ou pral resevwa plis medikaman nan vizit ou a.

You will get more medicine at your next visit.



Lè w pran medikaman kont Tibèkiloz, ou ka anpeche maladi Tibèkiloz la devlope epi ou ka pèmèt fanmi w rete an sante!

By taking your TB medicine, you can prevent TB disease and keep your family healthy!



Se pou toujou pran medikaman kont Tibèkiloz la

Take your TB medicine every time

Ajoute l nan aktivite ou fè lajounen yo

Make it part of your day



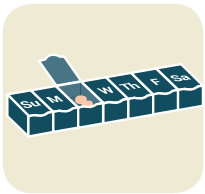
- Toujou kite medikaman w yo menm kote a, tankou bò tèt kabann ou oswa sou tèt lavabo a.

Keep your medicine in one place, like next to your bed or above the sink.



- Pran medikaman w yo nan menm lè a, tankou lè wap bwose dan w.

Take your medicine at the same time, like when you brush your teeth.



- Itilize yon bwat ki fèt pou mete medikaman pou ka byen òganize (mande yo ede w premye fwa a).

Use a pillbox to keep organized (ask for help the first time).



- Ekri yon nòt ki pou fè w sonje, epi mete l sou pòt frijidè a oswa sou miwa ki nan twalèt la.

Write yourself a note, and put it on the refrigerator door or bathroom mirror.



- Itilize yon kalandriye pou tcheke jou ou pran medikaman w yo.

Use a calendar to check off the days you have taken your medicine.

Chèche sipò

Get support



- Mande yon manm fanmi w oswa yon zanmi w pou l fè w sonje.

Ask a family member or friend to help you remember.

Kisa w fè pou ka sonje?

What do you do to remember? _____