

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အသီ

ကသံၣ်ကသိးကသံၣ်လၢဟံၣ်ဃီပူၤ - 4

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

KAREN

<p>“တဘၣ်သူကသံၣ်လၢအလီၢ်လံၤမ့တမ့ၢ်အဆၢကတီၢ်လၢကွံာ်တဂ့ၤ. ကွၢ်မ့ၢ်နံၤမ့ၢ်သီဆၢကတီၢ်ဟံၣ်ဖျါလၢကသံၣ်ကိအဖီခိၣ်တက့ၢ်.လၢကသံၣ်ကိအဖီခိၣ်န့ၣ်ကဟံၣ်ဖျါဝဲလါ/နံၤသီ/နံၣ်တဖၣ်လီၤ.တနံၤအံၤမ့မ့ၢ်လၢနံၤသီဟံၣ်ဖျါဝဲန့ၣ်အလီၢ်ခံန့ၣ်တၢၤကွံာ်ကသံၣ်အံၤဆူတၢ်တယၢ်ဒၤအပူၤတက့ၢ်.</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>နသူကသံၣ်လၢနပူၤအီၤလၢတၢ်အချ့မ့တမ့ၢ်နအီၤကသံၣ်လၢဟံၣ်ဒီးနမ့ၢ်တကိညာ်ဘၣ်န့ၣ်,လဲၤထံၣ်လိာ်သးဒီးကသံၣ်သရၣ်တက့ၢ်.</p> <p>နမ့ၢ်ဘၣ်အီၤကသံၣ်လၢအဆၢကတီၢ်ယံာ်ဒီးအလီၢ်အိၣ်လၢနလဲၤဆူကသံၣ်ကျးဒီးလဲၤဟံးအါထီၣ်ကသံၣ်လီၤ.တၢ်အံၤတၢ်ကိးအီၤလၢတၢ်ဟံးပဲၤက့ၤကသံၣ်လီၤ.</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>နကိးလီၤတဲစိဆူနကသံၣ်သရၣ်အတၢ်မၤလီၢ်သ့ဒီးမၤအဝဲသ့ၣ်ကိးကသံၣ်ကျးလၢနကဟံးပဲၤက့ၤကသံၣ်လၢနတၢ်ဟ့ၣ်ကသံၣ်အထံလဲအသိးန့ၣ်တက့ၢ်.</p> <p>ဝံၤဒီးနလဲၤလီၤလီၤဆူကသံၣ်ကျးလၢနကဟံးန့ၣ်ကသံၣ်အဂီၢ်သ့ဝဲလီၤ.မၤလီၤတၢ်လၢနလဲၤစိနကသံၣ်လံာ်အုၣ်ကီၤသးအခးက့ထီၣ်ဆူကသံၣ်ကျးန့ၣ်တက့ၢ်.</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>တဘျီတခိၣ်နကသံၣ်အပူၤတဖၣ်ဘၣ်တၢ်ဟ့ၣ်န့ၣ်နၢၤလၢပဒိၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့. တၢ်အုၣ်ကီၤသးခးက့မ့တမ့ၢ်နတၢ်မၤလီၢ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့လံာ်အုၣ်ကီၤသးခးက့တဖၣ်လီၤ.ဘၣ်တဘျီဘျီနကဘၣ်ဟ့ၣ်ကသံၣ်အပူၤလၢနစ့ဒ်နဲလီၤ.</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>

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