

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

KIRUNDI

<p>Umupfasoni Li yarigeze kuja kwa muganga hanyuma muganga amwandikira umuti. Umuti wandikiwe ugufasha gukira indwara izwi uba ufise. Ntiwibagire kubwira muganga imiti yose uriko uranywa, iyindi woba warandikiwe canke imiti y'ikirundi wivuza.</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>Imiti imwe imwe uyironka uyandikiwe na muganga gusa. Uvuye kwa muganga, jana ordonance hamwe ikarata y'ukwivurizako kuri farumasi kugirango uronke imiti wandikiwe. Urashobora kuriha igice c'igiciro c'iyoyi miti, bijanye n'ubwoko bw'ikarata yawe yo kwivuza.</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>Ni nkenerwa cane gukurikiza ivyo muganga hamwe n'uwugurisha imiti bakubwiye ku vyerekeye uwo muti. Udatahuye ayo mategeko, basabe bagusubiriremwo, canke ubasabe umusobanuzi.</p> <p>Nywa umuti <i>ungana</i> nk'uko bakubwiye. Uwunywe igihe bakubwiye. Kandi <i>ubandanye kunywa</i> uwo muti gushika imisi bakubwiye iheze.</p> <p>Ntiwigere <i>usangira</i> umuti n'incuti zawe canke abagenzi. Umuti wanditse kuri ordonance unyobwa n'umugwayi yawandikiwe wenyene.</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>Nimba imiti ikumereye nabi, ikagutera kuremba canke ikagutera <i>amahumane</i>, hagarika kuyinywa uje kubonana na muganga wenyene. Nk'akarorero, ni mba uwo muti utumye udahema neza, ukababara mu gikiriza, ibiherehere ku mubiri, canke ukamererwa nabi mu nda, iyo irashobora kuba ingorane itewe n'uwo muti rero ukwiye kubimenyesha muganga bunonyene.</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>