

Ken jou medisyne

Jou apteker kan jou alles wat nodig is omtrent jou medisyne vertel

Weet watter medisyne jy neem en waarom

- Ken die medisyne wat jy neem
- Weet waarom jy die medisyne neem
- Weet generiese medisyne is veilig en effektief

Weet hoe om jou medisyne te bêre

- Bêre medisyne in 'n koel, droë plek weg van sonlig
- Sekere medisyne moet in 'n yskas gehou word
- Bêre medisyne buite die bereik van kinders

Ken die medisyne vir jou kroniese toestande

- Raadpleeg jou gesondheidsorg verskaffer gereeld
- Jy sal gereeld medisyne moet neem
- Jou toestand kan suksesvol beheer word

Ken jou tuberkulose (TB) medisyne

- TB lyers kan gratis behandeling by klinieke ontvang
- TB medisyne moet vir ten minste ses maande gereeld geneem word
- Vra iemand om jou met jou behandelingsplan te ondersteun

Ken jou antiretrovirale medisyne (ARVs)

- Jou toestand benodig lewenslange behandeling
- Erge nuwe-effekte moet gerapporteer word
- Neem medisyne gereeld en skakel in by 'n ondersteuningsgroep

Weet wat om met vervalde of oortollige medisyne te doen

- Vervalde medisyne moet nooit gebruik word nie
- Moet nooit medisyne in 'n vuilgoeddrom of drein weggooi nie
- Neem vervalde of oortollige medisyne na jou apteek om vernietig te word
- Moenie jou medisyne met iemand deel nie

Kennis is kragtige medisyne

Tseba dihlare tša gago

Mošomi ka dihlare wa gago o tla go botša tšohle, tše o swanelago ke go ditseba ka dihlare tša gago

Tseba dihlare tše o dinwago, le lebaka la go dinwa

- Tseba maina a dihlare tše o dinwago
- Tseba lebaka la go nwa dihlare
- Dihlare tše dingwe tše o di dirago mošomo yo o swanago tša theko ya fase di bolokegile e bile di a šoma

Tseba go boloka dihlare ka hlokomelo

- Boloka dihlare tša gago mo tulong e fodileng kgole le mahlasedi a letšatši
- Dihlare tše dingwe di swanetše go dula ka setsidifatsing
- Boloka dihlare moo bana ba ka se kgonego go di hwetša

Tseba dihlare tša gago tša bolwetši bja nako le nako

- Kopana le bathuši ba tša maphelo ba gago kgafetša
- O ka swanela ke go nwa dihlare go ya go ile
- Bolwetse bja gago bo ka okiwa gabotse

Tseba dihlare tša gago tša bolwetši bja mafahla (TB)

- Ge o tshwerwe ke bolwetši bja mafahla, hwetša kalafi ya mahala kliniking ya kgaušwi
- Dihlare tša bolwetši bja mafahla di swanetše go nwewa kgafetša mo sebakeng sa go ka lekana dikgwedi tše tshela
- Kgopela yo mongwe go go thuša go latela lenaneo la kalafi

Tseba di 'anti-retrovirals' tša gago (ARVs)

- Bolwetši bja gago bo tlo hloka kalafi ya bophelo ka moka
- Bolela ge dihlare tša gago di sa go sware gabotse la go tlhobaetša
- Enwa dihlare tša gago kamehla, gomme o tselele mogaahlo wa thekgano

Tseba gore o direng ka dihlare tša kgale le tše o di šetšego

- Dihlare tša kgale, ga di a swanela go šomišwa
- Le seke la lahlela dihlare ka pitšeng ya matlakala goba tša sepedišwa le meetse
- Dihlare tša kgale le tše o di setšego, di swanetše go bušetšwa mo la go di hwetša gona gore di kgone go lahlwa ka tshwanelo
- Le seke la abelana ka dihlare tša lena le ba bangwe

Tsebo ke sehlare se se maatla



PHARMACY

Tseba dihlare tša gago

Tsebo ke sehlare se se maatla

Know your medicines

Knowledge is powerful medicine

Ken jou medisyne

Kennis is kragtige medisyne

Kha vha divhe mishonga yavho

Ndivho ndi mushonga muhulwane

Tiva Mirhi Ya Wena

Murhi wa matimba i vutivi



>Afrikaans

>Sepedi



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



South African
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of South Africa

Kha vha divhe mishonga yavho

Rakhemisi wavho u do vha talutshedza zwothe zwine vha fanela u zwidivha nga ha mishonga yavho

Kha vha divhe mishonga ine vha i shumisa na uri ndi nga mini vha tshi khou i shumisa

- Kha vha divhe dzina la mushonga une vha u shumisa
- Kha vha divhe uri ndi ngamini vha tshi khou shumisa yeneyo mishonga
- Mishonga ya generic you tsireledzea ya dovha ya shuma zwavhudi

Kha vha divhe uri vha londota hani mishonga yavho

- Kha vha vhee mishonga yavho fhethu ho dzikelelaho hu sina divha
- Minwe mishonga i toda u vheiva firidzhini
- Kha vha vhee mishonga fhethu hume vhana vha si swikele

Kha vha divhe mishonga yavho ya malwadze a chronic (malwadze a tshifhinga tshi lapfu)

- Kha vha dalele vha zwa mutakalo tshifhinga tshothe
- Zwi nga todea uri vha shumise tshidzidzivhadzi tsha u lafha tshifhinga tshothe
- Nyimele yavho i nga kona u languliwa zwavhudi

Kha vha divhe mishonga yavho ya malwadze a mafhafhu (TB)

- Arali vhana TB vhangana kona u wana mishonga ya mahala vhuongeloni ha havho.
- Mishonga ya TB itoda u shumisiwa tshifhinga tshothe u swika minwedzi ya rathi
- Kha vha humbele munwe a vha thuse kha u shumisa mishonga yavho

Kha vha divhe mishonga yavho ya 'anti-retroviral' (ARVs)

- Nyimele yavho i toda u thogomeliwa lwa vhutshilo havho
- Arali vha tshi khou i shumisa i sa vha fari zwavhudi vha fanela u amba
- Kha vha shumise mishonga tshifhinga tshothe vha dzhoine na gurupu ya thusano

Kha vha divhe uri mishonga ya kale kana yo salaho vha ita mini ngayo

- Vha songo shumisa mishonga ya kale
- Vha songo lata mishonga madasibinini kana mapaipini
- Mishonga ya kale kana yo salaho i fanela u humiseliwa khemisini uri i kone u shuma hafhu.
- Vha songo shumisa mishonga ya vhanwe yo salaho

>Venda **Ndivho ndi mushonga muhulwane**

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Tiva Mirhi Ya Wena

Muhleri lo nkulu wa mirhi u ta ku byela hi nkwaswo leswi u swi lavaka hi mayelana na mimirhi

Tiva muxaka wa murhi lo u fanekeleke ku tirhisa na kuri hik-walaho ka yini u fanele ku tirhisa?

- Tiva vito ra murhi lowu u lavaka kuwu tirhisa.
- Tiva xikongomelo xa ku tirhisa murhi wona wo lowo
- Mirhi ya nxavo wa le hansi (generic) e hlahisekile na kambe ya tshungula

Tiva ku hlayisa mirhi ya wena

- Veka mirhi ya wena endzawini leyi holeke na laha dyambu ringataka ri nga fikeleli
- Mirhi yi nwana yi fanele ku vekiwa exigwitsirisini
- Veka mirhi ya wena laha vana va nga taka va nga fikeli

Tiva mirhi ya vuvabyi bya wena lebji tekaka nkarhi wo leha kuva byi horisiwa

- Endzela xibedlele xa ka nwina kumbe dokodela wa wena hi masiku na minkarhi
- U komberiswa ku tirhisa swi dzidziharisi (maphilisi) leswi hi minkarhi hi nkwayo
- Xiyimo xa wena xi nga vuyela evutshanwini

Tiva mirhi ya wena ya vuvabyi bya xifuva (TB)

- Loko u ri ni vuvabyi bya xifuva kuma vu tshunguri bya mahala etlilini ka ka n'wina
- Mirhi ya vuvabyi bya xifuva yi fanekirile ku tirhisiwa ku ringana ntsevu wa tinwheti hi masiku hi nkwayo
- Kuma munghana loyi a nga ta ku pfuna ekutirhiseni ka mirhi leyi

Tiva mirhi ya ku sivela xitsongwatsongwana (ARVs)

- Xiyimo xa wena xi lava vutshunguri bya nkarhi wo leha
- Matitwele yo ka ya nga ri lamanene ya lava ku tivisiwa dokodele
- Tirhisa mirhi hi mfanelo na kambe na ntlawa wa vanhu lava nga ka xiyimo lexi fanaka na xawena ta ni hiku tirhisa

Tiva matirhiselo ya mirhi leyi hindzeriweke hi nkarhi na leyi selege

- Mirhi leyi hindzeriweke hi nkarhi a yi fanekelang ku tirhisiwa
- Mirhi leyi hindzeriweke hi nkarhi a yi fanelangi ku cukumetiwa laha ku lahlwaka kona thyaka
- Mirhi leyi hindzeriweke hi nkarhi na leyi nga sala yi fanekerile ku vuyiseriwa ekhemisini ya ka nwina laha yingata cukumetiwa
- Mirhi leyi nga sala a yi fanekelanga ku tirhisiwa e munu ongwane

Murhi wa matimba i vutivi

>Tsonga

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Know your medicines

Your pharmacist will tell you all you need to know about your medicines

Know what medicines you are taking and why

- Know the name of medicine you are taking
- Know the reason for taking the medicine
- Generic medicines are safe and effective

Know how to store you medicines

- Store medicines in a cool dry place away from sunlight
- Certain medicines need to be stored in a refrigerator
- Keep medicines out of the reach of children

Know your chronic disease medicines

- Consult your health care provider regularly
- You may require continuous drug therapy
- Your condition can be managed successfully

Know your tuberculosis (TB) medicines

- If you have TB get your free treatment from your clinic
- TB medicines should be taken regularly for at least six months
- Ask someone to help you keep to the treatment plan

Know your anti-retroviral medicines (ARVs)

- Your condition needs life long treatment
- Severe side-effects must be reported
- Take medicines regularly and join a support group

Know what to do with expired or left over medicines

- Expired medicines should not be used
- Do not throw away medicines in a dustbin or down the drain
- Expired and left over medicines should be taken back to the pharmacy for disposal
- Do not share left over medicine

Knowledge is Powerful Medicine



>English

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