

## SESOTHO

### Tseba meriana ya hao

- Tsebisa Rakhemese wa hao ka meriana e meng, di vithamine kapa ditlama tseo o di sebedisang
- Netefatsa hore o nka meriana ka tsela le nako e nepahetseng
- Netefatsa hore meriana ya hao ha ea fetwa ke nako ya ho sebediswa
- Ha eba o teana le mathata ka meriana ya hao, botsa Rakhemese wa hao

### Tshireletsa meriana ya hao ha o le leetong

- Botsa Rakhemese wa hao ka tsela eo o tlamehileng ho boloka meriana ha o le leetong
- Boloka meriana ya hao hole le letsatsi
- Hlokomela ditshelo tse thubehang le tse senyehang ha bo bebe ha o nka leeto
- Itlhophe ka nako ha o nka leeto – kopa moriana o lekaneng nako eo o tlabe o le siyo ka yona

### Bua le Rakhemese wa hao

- Botsa Rakhemese wa hao ka seo o tlamehang ho se etsa ha o ka lebala ho nka moriana
- Tsebisa Rakhemese wa hao ha eba o na le bofokodi, o moimana, o wa nyantsha kapa o na le malwetse a mang

### Boloka meriana ya hao ka tsela e nepahetseng

- Boloka meriana ya hao ka setshelong sa teng, tulong e ommeng
- O seke wa boloka meriana ya hao ka phapusing ya ho hlapa kapa ya ho phehela
- Boloko meriana ya hao moo bana ba sa fihleng teng

## TSHWANA

### Itsebe meriana ya gago

- Itsebe ra/ma-khemise wa gago meriana, di-otla mmele kgotsa meriana ya setso e o e dirisang.
- Netefatsa gore meriana e o e nwang ke e e go siametseng, le gore o e nwa ka nako.
- Tlhokomela letlha le le beilweng gore moriana o ka dirisiwang ka lona.
- Ha o na le mathata ka meriana ya gago, botsa ra/ma-khemise wa gago.

### Tlhokomela meriana ya gago ha o tsaa maeto

- Kopa thuso go ra/ma-khemise gore meriana e tlhokomelwa jang ha o le mo leetong.
- Beya meriana kgakala le mo letsatsi le fitlhang teng.
- Tlhokomela dithakgwa tse di ka bulegang kgotsa go robega bonolo ha o le mo leetong. Ipaakanyetse leeto, kopa meriana e e lekaneng go ya ka boleele ba nako e o tla bong o seyo.

### Bua le ra/ma-khemise

- Botsa ra/ma-khemise wa gago gore o dire eng ha o tlodile go nwa meriana.
- Itsebe ra/ma-khemise wa gago ka sengwe le sengwe se se tsibosang mmele wa gago, ha o imile, o anyisa le ka bolwetse bongwe le bongwe bo o ka tswang o na le bona.

### Beya meriana ya gago sentle

- Beya meriana ka botlolo kgotsa lebokose le etlileng ka lona, mo lefelong le omileng.
- O se ka wa beya meriana mo ntlwana-boithusetso kgotsa fa go apeelwang teng.
- Beya meriana kgakala le ko bana ba ka e fitlhelang teng. Busetsa meriana e e sa tlhologeng e le mo tirisong go ra/ma-khemise go e latlha.

Towards Quality Care Together  
**USE MEDICINES WISELY**



**Know your medicine - ask your pharmacist**

# USE YOUR MEDICINES WISELY

## ENGLISH

### Know your medicine

- Tell your pharmacist about any medicines, vitamins or herbal products that you are using
- Make sure you are taking the right medicine, for the right reason, at the right time
- Check the expiry date of your medicine
- If you have any problems with your medicine ask your pharmacist

### Travel safely with your medicines

- Ask your pharmacist how to handle medicine while travelling
- Keep your medicine away from sunlight
- Be careful when travelling with containers that may be easily damaged or break
- Plan ahead if travelling – ask for enough medicine for the length of time you will be away

### Talk to your pharmacist

- Ask your pharmacist what to do if you skip a dose of medicine
- Tell your pharmacist if you have any allergies, are pregnant or breastfeeding, or have any other conditions

### Store your medicines correctly

- Store medicines in the original container and in a dry place
- Do not store medicines in the bathroom or the kitchen
- Keep medicines out of reach of children
- Take expired or unused medicine to the pharmacy for disposal

## AFRIKAANS

### Ken jou medisyne

- Vertel jou apteker watter medisyne, vitamieene of kruieprodukte jy gebruik
- Maak seker jy gebruik die regte medisyne, vir die regte rede, op die regte tyd
- Kontroleer die vervaldatum van jou medisyne
- Vra jou apteker indien jy enige probleme met jou medisyne het

### Reis veilig met jou medisyne

- Vra jou apteker hoe om medisyne te hanteer wanneer jy op reis gaan
- Hou medisyne weg van direkte sonlig
- Wees versigtig wanneer jy reis met houers wat maklik kan beskadig of breek
- Beplan vooruit wanneer jy op reis gaan – vra vir genoeg medisyne vir die tydperk wat jy op reis is

### Praat met jou apteker

- Ask your pharmacist what to do if you skip a dose of medicine
- Tell your pharmacist if you have any allergies, are pregnant or breastfeeding, or have any other conditions

### Bêre jou medisyne reg

- Bêre medisyne in die oorspronklike verpakking en in 'n droë plek
- Moenie medisyne in die badkamer of kombuis bêre nie
- Hou medisyne buite die bereik van kinders
- Neem vervalde of ongebruikte medisyne na die apteek toe om te laat vernietig

## SEPEDI

### Tseba dihlare tša gago

- Tsibiša rakhemisi wa gago ka dihlare tše o di šomišago, e kaba diagammele, tša setšo, goba mehuta e mengwe.
- Netefatša gore o tšea dihlare tša maleba ka nako ya maleba
- Lekola nako yeo e beetšwego tšhomišo ya dihlare
- Ge o na le bothata ka dihlare tša gago, botšiša rakhemisi wa gago

### Boloka dihlare tša gago ka tshwanelo ge o le leetong

- Botšiša rakhemisi wa gago ka mokgwa wa go swara dihlare ge o tšea leeto
- Boloka dihlare tša gago moo go sego letšatši
- Hlokomela ge o tšea leeto ge o swere dithekgwana tšeo dika thubegago
- Itukišetse leeto la gago pele ga nako gomme o kgopele dihlare tšeo di lekanego labaka la leeto la gago

### Bolela le rakhemisi wa gago

- Botšiša rakhemisi wa gago gore o dire eng ge o se wa tšea dihlare tša gago ka tshwanelo
- Lemoša rakhemisi wa gago ge o na le ditlamorago tšeo di hlolwago ke dihlare, o le mmeleng, o nyantšha goba a mangwe a maletšwi

### Boloka dihlare tša gago gabotse

- Boloka dihlare tša gago ka gare ga thekgwana ya maleba moo go omilego
- O seke wa boloka dihlare tša gago ka phapošing ya go hlapela goba ka moraleng
- Bea dihlare tša gago moo bana ba ka se fihlelelego
- Bušetša dihlare tšeo di fetilwego ke nako goba di senyegilego khemising gore di lahlwe ka mokgwa wa maleba