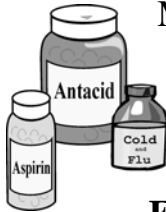




La Sante Nan lavi Granmoun: Konsè Y Pou Lè Ou Ap Pran Medikaman Yo Vann Sou Kontwa Famasi¹

Jennifer Hillan²



Medikaman yo vann sou kontwa, san preskripsyon pa chè, epi yo geri ti maladi piti. Poutan medikaman yo van sou kontwa kapab ba ou pwoblèm si ou pa pran-l korèkteman. Si ou ap medikaman sou kontwa men kèk konsèy ki kapab ede ou itilize yo korèkteman.

Fètatansyon nan kijan pou ou pran medikaman-an

Anavan ou pran yon medikaman li sak makè sou li. Sa ènpotan si ou gen alèji epi si ou malad anpil.



Tchèkè dat ekspirasyon

Tchèkè dat sou medikaman-an de fwa pa an. Jete medikaman ki ekspiire nan twalèt.

Pran anpil pavle di pi bon

Pran kantite yo di ou pran epi pa pran medikaman plis ke sa yo rèkomandè-a.

Plis konsèy pou ou

- Mete medikaman nan kote ki refwadi.
- Kite medikaman nan boutèy yo te vini.
- Mete medikaman yon kote timoun pakab pran-l.

Tchèkè anvan ou achte

Tchèkè bwat medikaman pou wè si li pa ouvè. Si-l ouvè pa achte-l.



Sonje medikaman-an yo vann sou kontwa geri sentòm pa gwo maladi. Ale kay doktè si sentòm ou pa sispan.

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