

# Tupu ị were ya ...

## MAARA

ogwu gi  
ma debe ndeputa

## LELEE

na ị na-eji oḡwu ziri ezi  
n'uzo ziri ezi

## JUỌ

okachamara  
ahụike gi ma o  
buru na imaghi



## Kedu ihe bu Ndeputa Oḡwu M?

Ndeputa oḡwu m bu ndeputa nke  
oḡwu niile na mgbakwunye ị na-  
ewere.

## Gini mere m ga-eji jiri ya?

Idobe ndeputa oḡuru nwere ike  
inyere gi aka imata oḡwu gi. O  
nwekwara ike inyere gi aka mgbe gi  
na okachamara ahụike na-ekwurita  
oḡwu gi.

## Kedu ka m ga-esi mejuputa ya?

Ị choro oḡwu gi niile n'ihu gi. Nhoḡo  
ozo bu irio onye na-ere oḡwu gi ka o  
biputa gi ndeputa. Jide n'aka na ị  
gunyere oḡwu niile edeputara, n'ofe  
ahia, oḡwu odinala na ahija na  
mgbakwunye.

## Kedu ka m ga-esi jiri ya?

Debe ndeputa gi ka o di oḡuru.  
Weta ya mgbe ị na-aga oge nlekota  
ahụike o bula. Ị nwere ike ihu na o  
bara uru idobe foto nke ndeputa a  
na ekwentị gi.

## Kedu ka m ga-esi nweta udi ozo?

Iji nweta nnomi ozo, ị nwere ike  
ibiputa ya [www.hse.ie/safermeds](http://www.hse.ie/safermeds)



Ozi maka ndi na-anu  
ogwu na ezinulo ha

# Ndeputa ogwu m



|                        |  |
|------------------------|--|
| Aha ulo ahia oḡwu m ne |  |
| Nomba ekwentị          |  |
| Aha dokita ezinulo m   |  |
| Nomba ekwentị          |  |
| Aha kontakti mberede   |  |
| Nomba ekwentị          |  |

**MARA**

**LELEE**

**JUỌ**



Aha

Ụbọchị ọmụmụ

Ụbọchị m  
dejúpụtara fọm a

| Aha ọgwụ ma ọ bụ mgbakwunye | Ike  | Ego ole ka m na-ewere ọgwụ oge ọ bụla | M na-ewere ya       | Ana m ewere ya kwa ụbọchị (Ee /Mba) | Gịnị mere m ji ewere ya? | Ihe ndetu m         |
|-----------------------------|------|---------------------------------------|---------------------|-------------------------------------|--------------------------|---------------------|
| Ọmụmaatụ: ABC mbadamba      | 25mg | 2 mbadamba                            | Otu ugboro n'ụtụtụ  | Ee                                  | Maka obi m               | Were ọgwụ gị na nri |
| Example: ABC Tablets        | 25mg | 2 tablets                             | Once in the morning | Yes                                 | For my heart             | Take with food      |
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