Pills to Prevent TB
For you and your family!

CAMBODIAN
Your doctor has given you pills to protect you from TB. Your pills are probably isoniazid (INH). It is the same medicine that people with TB take to cure the disease. For you, it will help prevent TB. The pills are very safe!!

Even if you do not feel sick, you need to take these pills. It is very important that you take them exactly as the doctor tells you and for as long as the doctor says. Usually, this is between 6 and 12 months. If you stop taking your pills too soon, the pills may not work. So tell your doctor right away if you stop taking the pills.

- Your pills will help prevent TB
- The pills will work only if you follow the doctor’s directions

- ប្រើល្អដើម្បីមានប្រយោជន៍នៅក្នុងការជួបជុល
- ប្រើល្អនេះត្រូវបានប្រើប្រាស់តាមរយៈពេលប្រជាជនសិនជា ជួបជុលពេលជីវិត
**WHY DO YOU NEED PILLS?**

If someone close to you has TB disease, you may also have TB germs in your body—even though you are not sick. The germs can hide in your body in a sleeping state. A TB skin test checks for this. Sometimes the germs can wake up and make you sick. Taking TB pills will help prevent this from happening.

If the TB skin test reveals that you have TB germs in your body, the doctor has given you the pills because:

- you got the TB germs recently
- you are younger than 35 years old
- you had TB once and were not treated completely with TB medicines
- your chest x-ray shows you are at a higher risk for getting sick from TB, OR,
- you have a medical condition that makes you more likely to get sick from TB.

*Taking preventive pills will help make sure you stay healthy!*

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**បំណុលអាយុខ្ពស់សន្ទនាទុក់ពោជោជាញ់**

បំណុលអាយុខ្ពស់សន្ទនាទុក់ពោជោជាញ់ជាក្រុម។ បំណុលអាយុខ្ពស់សន្ទនាទុក់ពោជោជាញ់បានប្រែប្រួលខោត្តូវតែដែលប្រែប្រួលខោត្តុមានប្រុសស្រស់ស្អាតបានជាងនេះ។ បំណុលអាយុខ្ពស់សន្ទនាទុក់ពោជោជាញ់ជាក្រុមសិបុន្តប្រុសស្រស់ស្អាតបានជាងនេះ។

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THINGS TO WATCH

The TB pills (INH) are very safe. Millions of people take them without problems. In some people, however, they cause side effects. Side effects are more common in older people.

If any of these symptoms happen to you, stop taking the pills and tell your nurse or doctor right away:

- loss of appetite, don’t feel hungry
- weakness, dizziness
- new rash or itching
- fever when you don’t have a cold
- nausea, vomiting
- yellow skin or eyeballs
- tea-colored urine
- numbness or tingling in the hands or feet.

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WAYS TO REMEMBER

There are lots of ways to remember your pills. You will need to work out a system that works for you. Here are a few suggestions:

- Take the medicine at the same time every day, such as at night before you go to sleep.

- Mark off on a calendar every time you take your pills. Your doctor or clinic may have special calendars that have the pills attached.

- Each night, put out the pills for the next day.

- Use a box that has 7 small compartments (one for each day of the week), so you know if you have taken the pills for the day.

- Keep the pills in a place where you can’t miss them— some place in the bathroom or kitchen is good, but be sure they are out of the reach of children.

PROTECT YOURSELF FROM TB! TAKE YOUR PILLS AS YOUR DOCTOR DIRECTS!