

IMPORTANT

# Do This Right, Get Well Fast

1



**Every day -3 TIMES-**  
**Do your own Health Check**



2



**If you have Diabetes or High Blood Pressure,**  
**keep enough medicine for one month.**  
**Need more medicine?**  
**Please ask the doctor.**



3



**If you feel sick,**  
**Please see the doctor.**



**Clinic Open: 9am - 12pm**  
**2pm - 5pm**

