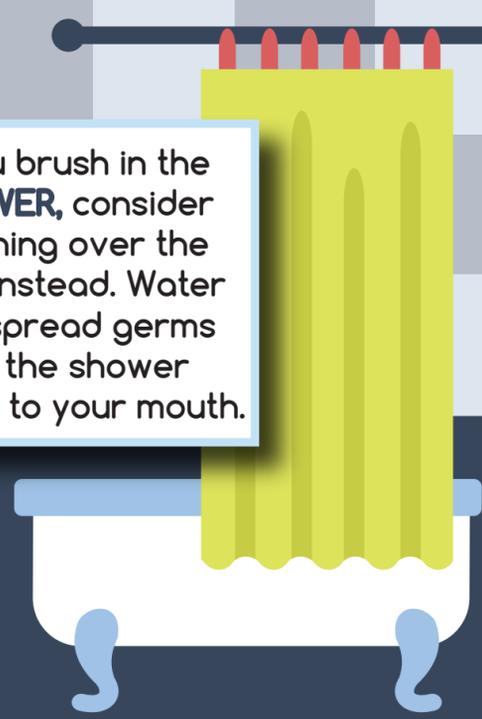
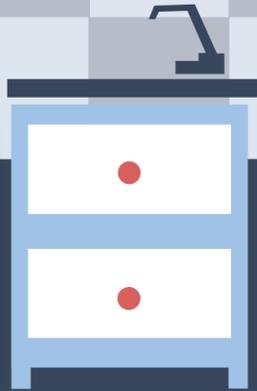


Keeping a **CLEAN** TOOTHBRUSH ROUTINE

Keep your brush in its **OWN HOLDER** to prevent cross-contamination.

If possible, brush at least **6 FT** away from the toilet. Bacteria from the toilet can get into your mouth.

If you brush in the **SHOWER**, consider brushing over the sink instead. Water can spread germs from the shower head to your mouth.



A SQUEAKY **CLEAN** SESSION:



WASH

your hands before you touch your brush.



BRUSH

for 2 minutes with a fluoride toothpaste.



RINSE

your toothbrush to remove food debris.

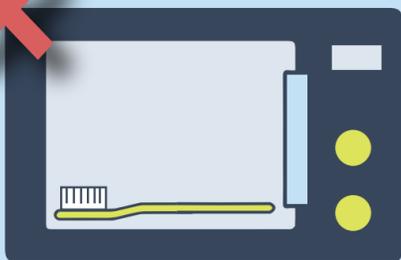


Do not store your brush in a **CLOSED CAP** or container. Bacteria thrive in a moist setting.



DENTAL DON'TS:

Never **SHARE** your toothbrush. You can easily transfer germs and illnesses.



Never use the **MICROWAVE** to sanitize your toothbrush. The heat damages your brush and doesn't disinfect it.

Replace **YOUR** TOOTHBRUSH...

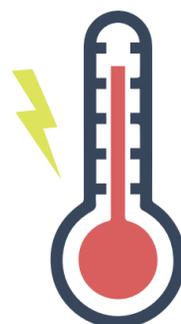


every



months

when bristles start to



after you've been

SICK

SOURCES

<http://oralhealth.deltadental.com/Search/22,OralFF1>
<http://www.cdc.gov/oralhealth/infectioncontrol/factsheets/toothbrushes.htm>
<http://www.ada.org/en/about-the-ada/ada-positions-policies-and-statements>
<http://bit.ly/UzUEg5>
<http://fxn.ws/1xKLTCj>