

Sharing a bathroom & the dangers of tooth brushing



Tooth brushes stored too close together promotes cross contamination of germs.

Leaving your toothbrush out on the bathroom counter subjects it to picking up all kinds of germs. The mouth is home to millions of germs and even after rinsing your toothbrush, it can contain bacteria, blood, saliva, oral debris, and toothpaste.

If you share a bathroom, avoid storing your toothbrushes close together to reduce the risk of spreading germs.

Recommended toothbrush care:

- Do not share toothbrushes.
- After brushing, rinse your toothbrush with tap water, let it air-dry, and store it in an upright position, without touching other toothbrushes.
- There is no need to soak them in disinfecting solutions or mouthwash.
- Replace your toothbrush every 3 to 4 months, or sooner if the bristles look worn out.

