



# HealthyPeople

## IS YOUR FAMILY SHARING TOO MUCH?

Toothbrushes harbor **hidden germs** during cold and flu seasons. Studies show that toothbrushes can become heavily contaminated with oral microorganisms because most families store toothbrushes in a common storage space, allowing opportunistic infections such as **periodontal disease** and **the common cold** to move from one person to another.

### GO UNDERCOVER

Your **best defense** is to use a toothbrush cover. Because splattering water, contact with skin and toothbrushes knocking against one another can all contribute to the spread of bacteria, keep the following tips in mind:

- Remember to **rinse the bristles** of your toothbrush thoroughly
- **Shake any extra moisture** from the brush and **store it upright**
- Place a **cover** over the toothbrush head
- **Wash your hands** before and after brushing
- **Soak unused brushes** in antiseptic mouthwash
- **Use more than one toothbrush** to make this process more practical



## PROTECT YOURSELF FROM CONTAMINATION



The bathroom is usually the most contaminated room in the house! **Protect yourself by protecting your toothbrush.**

### IF YOU:

**Use a community toothbrush holder**

**Lay toothbrush flat in the cabinet**

**Store toothbrushes on the bathroom counter**

**Catch a cold or virus**

### TRY:

Use a toothbrush cover to prevent contamination

Store upright – this position helps drain water and dry the brush faster

Move them away from the sink and toilet to prevent airborne contamination

Toss out the toothbrush and replace it – bacteria often linger and can lengthen illness