

Do germs really live on my toothbrush?

February 11th, 2013



The dreaded cold and flu season is here again! After recovering from your cold, one of the most important steps you can take to avoid becoming reinfected is replacing your toothbrush!

Germs can linger on the bristles, and you risk prolonging your sickness by continuing to use the same toothbrush. Be smart – keep a spare, just in case! To protect your toothbrush from bacteria all year long, consider the following tips:

- Wash your hands before and after brushing
- Allow the brush to air dry after each use, harmful bacteria dies after being exposed to oxygen
- Store the toothbrush in an upright position to allow water to drain and dry faster
- Replace your toothbrush every 3-4 months. Worn bristles are less effective in properly cleaning your teeth, and can actually be damaging to teeth if used too long!

We hope these tips help! Feel free to give Sone's on Sheppard a call or ask us on Facebook if you have any questions!