

## Toothbrush Turnover

We've often talked about how many times a day you should brush your teeth, and how many minutes you should take to brush your teeth each time you brush. One thing you may still wonder about though, is how often you should replace your toothbrush?

Good reasons to replace your toothbrush frequently are:

You may want to replace your toothbrush with each new season, or an average of once every three months depending on your health.

If you've just gotten over a cold or flu you should replace your toothbrush or place your toothbrush in a pot of boiling water for five full minutes or run through your dishwasher's standard cycle. This may help your Cold/Flu from recurring.

Your toothbrush bristles simply wear out with use, meaning that with time, the bristles break down and aren't effective at doing the job of getting around and between your teeth.

### **Here are ten simple tips; ten healthy habits that will help you avoid colds and the flu.**

1. Bar soap is perfect breeding ground for viruses and bacteria. Wash your hands frequently with liquid antibacterial soap instead of bar soap.
2. Don't share drinking glasses. Instead have your cups labeled or wash in between each use to avoid passing germs.
3. Use disposable tissues when blowing your nose; use each tissue once, throw it away then wash your hands thoroughly.
4. Colds and flu are often spread by hand-to-hand contact. Avoid touching your eyes, nose or mouth after being exposed to viruses or bacteria.
5. Bacteria and viruses can live on hand towels and sponges for hours. Use disposable paper napkins and towels in the kitchen.
6. To kill bacteria and viruses, wash toys regularly in warm, soap water.
7. If you have to sneeze and a tissue is unavailable, sneeze into your shoulder not your hands to avoid spreading germs.
8. Frequently clean surfaces such as stair rails, telephones, counter tops and door knobs to avoid hand-to-hand spread of viruses.
9. Germs remain stagnant air; open windows when weather permits to circulate fresh air.
10. Avoid smoking in your home. Smoking is a respiratory irritant that increases susceptibility to viruses that cause colds and the flu.