



The Maryland Children's
Oral Health Institute

***Visit these websites to learn more about the tips offered by the flyer:
“Project Clean Toothbrush: Important Tips to Prevent the Spread of Flu Germs©”***

Washing your hands can keep you healthy!

As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. In turn, you can infect yourself with these germs by touching your eye, nose or mouth. Washing your hands frequently for at least 20 seconds can help limit the transfer of bacteria, viruses and other microbes, such as E. Coli, which can lead to diarrhea or urinary tract infections.

<http://www.cdc.gov/cleanhands> or <http://www.caretechlabs.com/cart/ctl-bugs-posters.html>

Mouthwash can be used to disinfect your toothbrush! <http://www.personaldentalcareinfo.com/top-10-toothbrush-cleaning-methods/>

Baking soda cleans and deodorizes! <http://www.armhammer.com/myfamily/tips/care.asp> or http://www.bukisa.com/articles/125044_baking-soda-is-an-eco-friendly-health-aid

You can place your toothbrush in Peroxide! <http://www.ehow.com/Error.aspx?404=true&url=%2fhow2246086clean-your-toothbrush.html>

Proper toothbrush storage is important! <http://www.colgateprofessional.com/patienteducation/Toothbrush-Care-And-Replacement/article> or http://www.bottomlinesecrets.com/print.html?article_id=47917

Vinegar has antibacterial properties! <http://www.care2.com/greenliving/clean-toothbrushes-naturally.html>

Denture cleaners kill bacteria! www.Polident.com or www.towerlabs.com

Dishwashing your toothbrush is effective! http://www.ehow.com/how_2246086_clean-your-toothbrush.html, www.associatedcontent.com or http://oralhealthmatters.blogspot.com/2009/10/preventing-flu-starting-with-your_08.html

Keeping the toilet lid closed when flushing limits the spread of germs! <http://serendip.brynmawr.edu/exchange/node/1839>

You really should trash your toothbrush! http://www.adha.org/media/facts/oral_health_fast_facts.htm

Toothbrush covers can make a difference! <http://www.toothbrushes.com/toothbrush-cover.html> or https://cart.jbutler.com/store.php?crn=264&rn=519&action=show_detail

Clorox wipes are an important way to clean bathroom countertops! www.Clorox.com

Prevention that Empowers!