



## Keeping a Clean Toothbrush

Your toothbrush keeps your teeth clean. But how can you keep your toothbrush clean? Well, first it's important to know why you should care about keeping your toothbrush clean. And it all starts with bacteria. We all have bacteria in our bodies and in our mouths. And not all bacteria are bad. But some bacteria can cause you to feel sick or lead to cavities in your mouth. Preventing bacteria from growing on your toothbrush is an important step in your oral hygiene routine.

Germs and bacteria are all around your bathroom, and they can travel through the air and wind up on your toothbrush, yikes! Bacteria can also transfer from your mouth to your toothbrush when you're brushing your teeth. Or, on wet bristles that don't dry properly after brushing and rinsing your toothbrush. In this video, kids will learn a few things they should do to keep their toothbrushes clean in the bathroom.

First, it's important to rinse your toothbrush with tap water before and after brushing to wash away bacteria on the bristles. It's also a good idea to store your toothbrush in an upright position so that it's not touching other family members' toothbrushes. That's because bacteria can transfer from one toothbrush to the next when they touch.

After rinsing your toothbrush under tap water, allowing it to dry will reduce bacteria growth. And lastly, storing your toothbrush at least 6 feet away from the toilet will keep it safe from bacteria that spreads in the air after toilet flushing. Following these tips twice a day, every day, will help keep germs at bay.