

Where should you keep your toothbrush?

You brush your teeth twice a day for 2 minutes each time. That means your toothbrush is in your mouth 4 minutes a day. That's 240 seconds, so you want to keep it clean!

Did you know your toothbrush has about 2,500 bristles to keep clean?

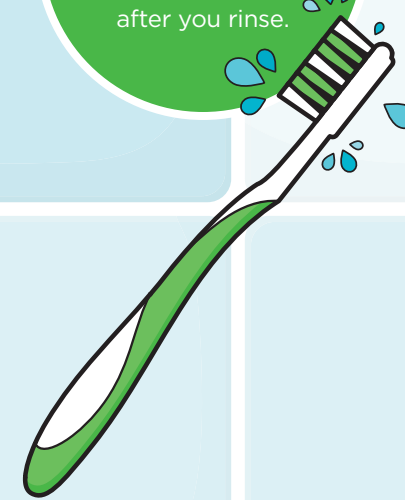


Follow these tips to keep it clean when you are done brushing:

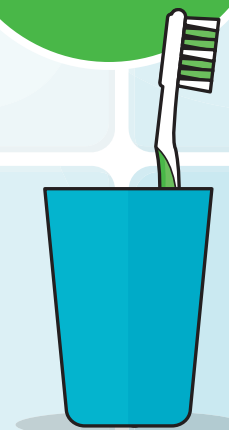
1
Rinse leftover toothpaste off your brush.



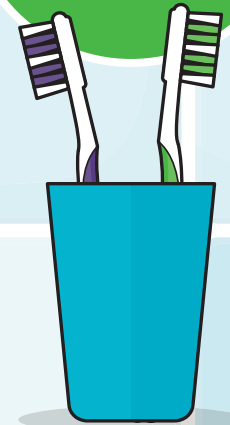
2
Shake water off your toothbrush after you rinse.



3
Leave it standing upright in a holder so it can dry quickly.



4
Make sure it's not touching anything, like another toothbrush.



5
Keep the toothbrush holder clean and far enough away from the sink to keep from getting splashed by soap and dirty water. Make sure it is also at least 4 feet from the toilet. Yuck!

