

Trash your toothbrush after being sick



Here's the dirty truth.

Even after you're over a cold, the flu or strep throat, the germs that made you sick are still on your toothbrush.

Make sure to replace your toothbrush with a new one. That way, you don't risk getting sick again. If you use an electric toothbrush, just replace the head.

Even if you're healthy, the American Dental Association suggests replacing your toothbrush every 3 to 4 months, or sooner if the bristles are frayed.



Got kids?

Get our Chomper Chums® App!

Make brushing and flossing a fun game!

- Choose a brushing buddy
- Set the 2-minute timer
- Brush and earn treats to feed your pal

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