

# Is It Time For a New Toothbrush?

**Your toothbrush may be too old. Dentists say you should get a new toothbrush every three months.**

**Find out why!**

## **Brush, Brush, Brush**

A new toothbrush can mean a healthier you.

Did you know that old toothbrushes can be **harmful**<sup>1</sup>? Germs can build up on old toothbrushes. If you have been sick, germs can hide in your toothbrush and be passed back to you. Dentists say you should get a new toothbrush every three months. They also say a new toothbrush will help you get your teeth cleaner.

## **How Should You Brush?**

Dentists say you should brush for two to three minutes at least two times a day.

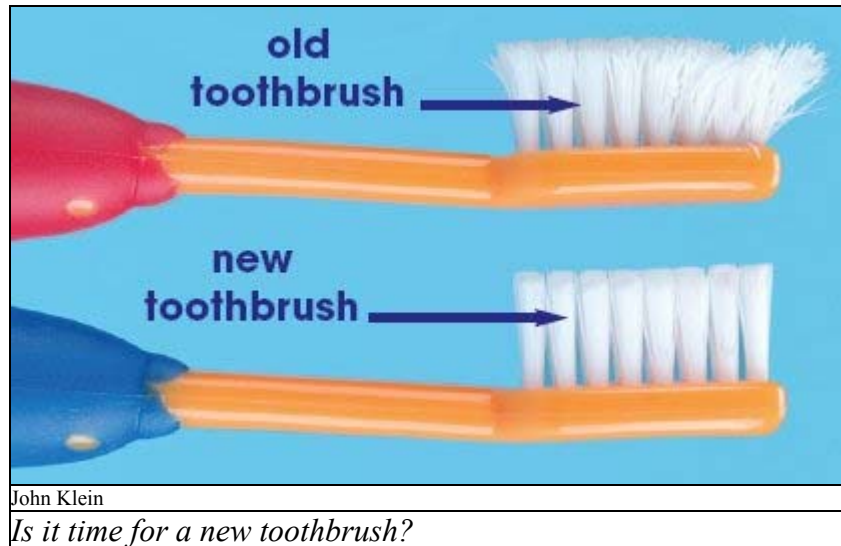
- 1.** Put a pea-sized bit of toothpaste on your toothbrush. Place your brush near your gum.
- 2.** Gently move your brush in small circles over one tooth at a time.
- 3.** Move your brush across the tops of your teeth. Be sure to get into the **grooves**<sup>2</sup>.
- 4.** Brush your tongue lightly. Then rinse your mouth with water.
- 5.** Floss your teeth. Slide the floss between teeth slowly. If you need help, ask a grown-up.

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<sup>1</sup> **harmful:** causing damage

<sup>2</sup> **groove:** a long narrow channel made in a surface

## Keep Your Toothbrush In Good Shape



- After you use your toothbrush, rinse it well and shake out the water.
- Stand your toothbrush up so it can dry. Be sure it does not touch other toothbrushes. Germs can pass from one toothbrush to another.
- Get a new toothbrush. Replace it at the beginning of winter, spring, summer, and fall. Is it time for you to get a new toothbrush?