

## Health Advice

### How can I care for my toothbrush?

Research has shown that toothbrushes are a risk factor in the transmission of disease. Within 2 days toothbrushes may be heavily infected with bacteria, viruses and fungi that can cause disease. These can include the agents of T.B., viral hepatitis and AIDS.

Toothbrush rinsing helps to reduce the contamination but some organisms remain. Thus people reusing their toothbrushes are at risk of re-infecting themselves.

Furthermore, cross infection between toothbrushes can occur when they are kept in close proximity. For example, the cold sore virus can survive for more than 7 days on a moist toothbrush.

### We recommend:

- Disinfecting your toothbrush in 0.2% Chlorohexidine Gluconate mouthwash or rinsing it in hot water prior to use
- Replacing your toothbrush every two to three months