Visit these websites to learn more about the tips offered by the flyer:
“Project Clean Toothbrush: Important Tips to Prevent the Spread of Flu Germs©”

Washing your hands can keep you healthy!

As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. In turn, you can infect yourself with these germs by touching your eye, nose or mouth. Washing your hands frequently for at least 20 seconds can help limit the transfer of bacteria, viruses and other microbes, such as E. Coli, which can lead to diarrhea or urinary tract infections.


Mouthwash can be used to disinfect your toothbrush! http://www.personaldentalcareinfo.com/top-10-toothbrush-cleaning-methods/


Proper toothbrush storage is important! http://www.colgateprofessional.com/patienteducation/Toothbrush-Care-And-Replacement/article or http://www.bottomlinesecrets.com/print.html?article_id=47917

Vinegar has antibacterial properties! http://www.care2.com/greenliving/clean-toothbrushes-naturally.html

Denture cleaners kill bacteria! www.Polident.com or www.towerlabs.com


Keeping the toilet lid closed when flushing limits the spread of germs! http://serendip.brynmawr.edu/exchange/node/1839

You really should trash your toothbrush! http://www.adha.org/media/facts/oral_health_fast_facts.htm


Clorox wipes are an important way to clean bathroom countertops! www.Clorox.com

Prevention that Empowers!

P.O. Box 1901 Baltimore, MD 21203  •  866-608-7400