



Time for a change?

To have healthy and happy teeth, it is important to have a good toothbrush. Read these tips to make sure yours does the job:

- ✓ Get a new toothbrush every three months. When toothbrushes get older, they don't work as well and need to be changed.
- ✓ When you are sick, germs stick to your toothbrush. When you feel better, make sure you get a new toothbrush.
- ✓ Rinse your toothbrush with water after you brush. This will clean it and make sure it is ready for next time.
- ✓ Don't share your toothbrush with friends or family. That could get you sick!

