Maintaining good hygiene habits at home

What you do before and after brushing your teeth can help reduce the spread of bacteria and viruses. Follow these important steps.

Wash your hands before and after your oral care routine to help avoid spreading bacteria and viruses.

Wash your brush head after every use and allow it to dry completely. Store your brush head upright to expose bristles to the air.

Never share your toothbrush handle or brush head with anyone.

Never cover the brush head or place it in a closed container while the brush is still wet, as this may encourage bacterial growth.

Wash your toothbrush handle after every use with soap and running water.

Never store family members' toothbrushes together in a drawer or cabinet.