

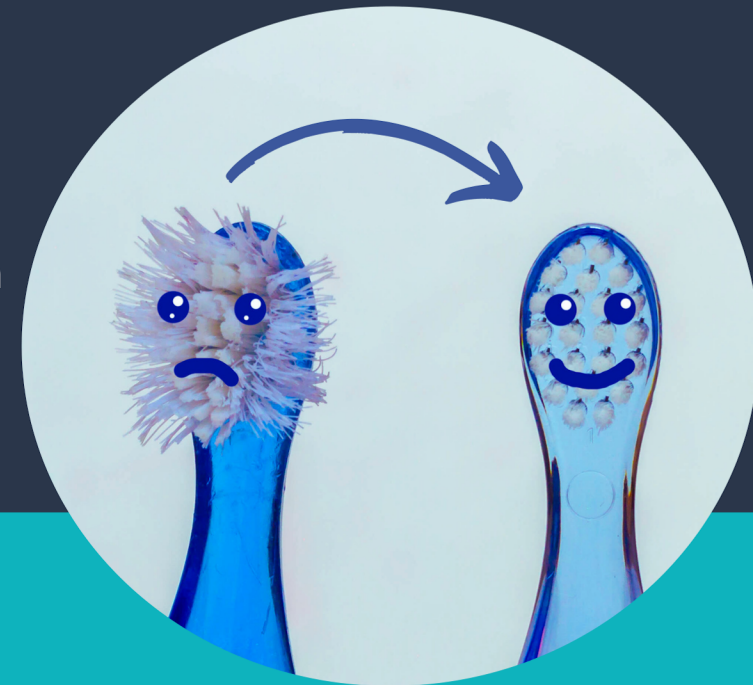


# Change of season... Change of toothbrush!



## It's time for a new toothbrush...

- If the bristles are scruffy, bent or splayed
- After being sick with a cold, flu, or infection
- If anyone else has used your toothbrush!
- Even if it still looks ok, it's best to use a new toothbrush every 3 months. A good way to remember is a change of season = a change of toothbrush!



Community Oral  
Health Service

Health New Zealand  
Te Whatu Ora

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