

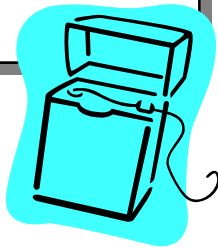


This Flu Season...

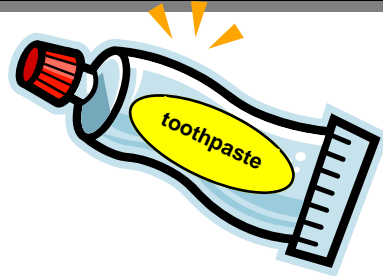
Keep Your Germs to Yourself!

Simple ways to keep you and your smile healthy

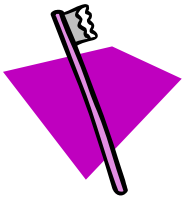
Wash hands before and after brushing and flossing.



If sharing toothpaste, avoid touching toothbrush to open end of tube.



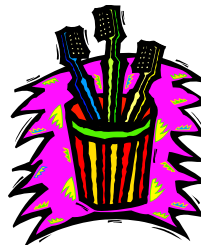
Use your own toothbrush and mouthrinse cup.



Sharing toothbrushes or cups can increase the risk for colds, flu, or other illnesses.

Replace toothbrush after illness to avoid getting sick again.

Rinse and air-dry your toothbrush after each use to reduce bacterial growth.



If sharing a toothbrush holder, clean it often and make sure toothbrushes do not touch.

Store toothbrush upright to speed drying time.

Other ways to stay healthy:

- Get a flu shot every year. For more information call: CHIP bilingual toll free hotline 1-877-358-0202 or visit www.sdchip.org
- Sneeze or cough into a tissue. No tissue? Use your elbow, NOT your hands!
- Wash hands often.
- Eat healthy foods.
- Brush and floss daily.
- Schedule a dental check-up twice a year.

