

## **Is Your Toothbrush Contaminated?**

Have you ever wondered what happens to the nasty "bugs" that you brush off of your teeth? The truth may surprise you. Many of the bacteria, fungi, and viruses actually remain on your toothbrush! So the next time you use a contaminated toothbrush, remember that the infectious microorganisms remaining on the brush can reinfect your mouth and teeth again! Some of the microorganisms can even spread to the rest of your body.

### **SOME OF THE MICROORGANISMS REMAINING ON TOOTHBRUSHES:**

- 1. Mutans streptococcus - the main bacterium causing dental caries.
- 2. Beta-hemolytic streptococcus - the main bacterium causing strep throat (pharyngotonsillitis).
- 3. Candida albicans - the main fungus causing thrush in babies.
- 4. Coliform bacteria - these are found in the bathroom.
- 5. Herpes simplex virus - they causes cold sores.

***Pediatric Dentistry (DentalResource.org)***