

SHARING A BATHROOM AND THE Dangers of tooth brushing

Leaving your toothbrush out on the bathroom counter subjects it to picking up all kinds of yucky germs, not only your own but those from others, and we're talking about fecal coliforms (you can guess what those are). Toilet flushing or just being around other people's poor hygiene can contaminate the toothbrushes.

Tooth brushes stored too close together promotes cross contamination of germs.



A study presented to the American Society for Microbiology examined toothbrushes in group bathrooms at a college campus. Turns out the problem is not your own germs, but those from other people who share the bathroom space.

Lesson learned—if you share a bathroom, don't leave your toothbrush around. Even if you rinse it in hot water or mouthwash, it can still get contaminated. Putting it into a case is even worse because the environment inside the cover helps the nasty germs grow.

Solution? Let the bristles dry out somewhere else, such as in your bedroom.