

# Health Hints

## Fresh Toothbrush Can Help Stop Spread Of Colds And Flu

(NAPSA)—No matter how healthy you are, there's a good chance you will catch a cold or be infected by the flu this winter. According to the U.S. Centers for Disease Control and Prevention, one out of five Americans gets viral influenza each year...and experts are predicting this will be the worst flu season in decades.

Health professionals agree that you can decrease your chances of getting sick by getting a flu shot, frequently washing your hands, avoiding touching your nose, eyes and mouth and not sharing beverages and other items which contact the mouth.

### Don't Share Your Sickness

To avoid passing sickness on to family members and reduce the time of your own illness, you can use a fresh toothbrush and toothpaste when you're sick.

Most people would never share a toothbrush, especially when ill, but many do share a tube of toothpaste with family members. This means that they're also sharing their sickness. After all, everyone touches the same tube and it comes into contact with everyone's brush...you get the picture.

So, along with taking medicine to help reduce the intensity and duration of common illnesses, you should discard your old toothbrush and paste in favor of fresh oral care products and then replace these products with new ones once you're feeling better.

One new product, the Fresh & Go™ All-in-One Toothbrush & Paste, makes it simple and inexpensive to have fresh and self-contained oral care on hand anytime, anywhere. This innovative, FDA-approved product is a high-



**If there were some easy way to avoid sharing sickness with family members, or extending your own illness, you would do it—right? Well there is! Use a fresh toothbrush and paste when you're sick.**

quality toothbrush that has a paste reservoir built right into the handle. Each Fresh & Go™ toothbrush holds 30 brushings of refreshing fluoride paste (enough to see you through a typical winter illness), features soft DuPont Tynex™ bristles and includes a snap-on cap that stays firmly attached between brushings.

This inexpensive device can be a smart way to fight the spread of colds and the flu, while keeping your teeth clean and your breath fresh. It can be found in leading drug, grocery and other retailers nationwide, and comes in a variety of colors so everyone will know which is his or hers.

The next time you're buying cold or flu medicine, you may care to stop by the oral care aisle and pick up a fresh toothbrush and paste so you won't share the sickness with your family. For details call (847) 520-1200 or visit [www.freshangousa.com](http://www.freshangousa.com).