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Seven ways to Spring-clean your health

Ahead of the summer sniffles...

Get a new toothbrush



Toothbrushes should be changed regularly

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If you keep your toothbrush within ten feet of your toilet, move it. When you flush the toilet, airborne spray can land on your brush. And if you've had the same brush for a while, you could be making yourself ill. Dirty toothbrushes are responsible for thousands of ear, nose and throat infections every year.

London-based dentist Dr Rhona Eskander says: "Toothbrushes should be changed every three months, more for kids."

By CLARE O'REILLY

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