

# Living Well Tip of the Week

**Otherwise healthy preschoolers can commonly catch five to eight colds each year.**

## **Precautions to Lower the Risk of Colds to Your Preschooler:**

- Encourage your children to wash their hands frequently
- Keep kitchen and bathroom countertops clean, especially when someone in your family has a cold
- Teach children to discard used tissues right away
- Look for a child care setting with sound hygiene practices and clear policies about when to keep sick children at home
- Look for a child care center with a low ratio of children to adults



**For Tips to Help Your Child Recover From Colds & Flu, go to our Living Well Health Manager or [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut)**