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

*Living Well Health Manager powered by WebMD Program available to UT SELECT members-Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.