



Steps you can take to keep our babies safe

- Put the baby to sleep on his/her back in a safety-approved crib or bassinet on a firm mattress covered with a tight fitted sheet
- Do not use bumper pads, blankets or pillows
- Keep stuffed animals and other soft items away from baby's sleep environment
- Breastfeed baby
- Room share, don't bed share
- Offer a pacifier at nap and night time after breastfeeding is going well
- Make sure babies are immunized
- Don't smoke in your house or around baby
- Do not let baby get too hot



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KEEP OUR BABIES

SAFE



What is Sudden Unexpected Infant Death (SUID)?

Death of an infant younger than 1 year of age that occurs suddenly and unexpectedly

Determined after a full investigation, which includes an autopsy, an examination of the death scene, and a review of the infant's and family's clinical histories. These deaths may be diagnosed as suffocation, asphyxia, entrapment, infection, ingestion, metabolic disease, cardiac arrhythmia, trauma (accidental or non-accidental), or Sudden Infant Death Syndrome (SIDS)

What is Sudden Infant Death Syndrome (SIDS)?

The leading cause of death in infants between 1 month and 1 year of age.

A sudden and silent medical disorder that can happen to a seemingly healthy infant.

A death often associated with sleep and with little or no signs of suffering.

Determined only after autopsy, an examination of the death scene, and a review of the infant's and family's clinical histories.

A diagnosis of exclusion in which the cause of death can be determined only after ruling out other causes.

Source: *Sleep-Related Infant Deaths: Updated 2022 Recommendations for Reducing Infant Deaths in the Sleep Environment*

Working to reduce Sleep-related Infant Death 3500

The number of U.S. sleep-related including, SUID, SIDS, is nearly 3,500 deaths (approximately 140 kindergarten classrooms) per year



African American Infants (2 times greater risk of death) Alaskan Natives Infants (3 times greater risk of death)

12.9x

Stomach sleeping increases the risk of SIDS by 1.7 to 12.9 times.

10x

Bed sharing increases the risk of SUID by more than 10 times

4x

Babies who breathe secondhand smoke increases the risk of SIDS by 4 times

We know that SIDS is not:

Preventable, but the risk can be reduced

Suffocation

Caused by vomiting or choking

Caused by DPT vaccine or other immunizations

Contagious

The result of child abuse or neglect

The cause of every unexpected infant death



Factors that increase the risk of SIDS for Babies

Low birth weight (less than 5 pounds)

Premature birth (less than 37 weeks)

Multiple births (e.g., twins, triplets)