

# Reduce the risk of SIDS

## *Sudden Infant Death Syndrome*

Although there is no way to prevent SIDS, there are ways to reduce the risk for babies in your care.



Don't allow anyone to smoke around baby or take baby into a smoke-filled room.

Always place baby on his or her back to sleep.

Don't place fluffy, loose bedding or soft toys in baby's sleeping area.

Use a firm mattress in a safety-approved crib or bassinet.

Don't let baby get too hot.

Always put baby to sleep alone.

**Educate everyone who cares for babies about SIDS.**

# Other ways to reduce the risk:

Don't smoke!

Get early prenatal care.

Keep all your prenatal appointments.

Breastfeed your baby.

Keep well baby doctor visits.

Make sure baby gets all needed shots.

Teach everyone who will care for your baby  
about reducing the risk of SIDS.

**For more information, call DHEC's Care Line.**

**Care Line**

**1-800-868-0404**

