Help your baby sleep SAFELY

Back to sleep for EVERY sleep

NO

NO soft objects
NO loose bedding

NO bumper pads
NO stuffed animals
NO pillows

DON'T have your baby sleep with you or anyone else in a bed, couch, or in a chair

DON'T leave your baby asleep in a car seat or carrier

YES

- Use a firm sleep surface
- Keep soft objects and loose bedding away from the infant's sleep area to reduce the risk of SIDS, suffocation, entrapment, and strangulation.

KERN COUNTY PUBLIC HEALTH

For more information:
(661) 321-3000
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