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MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



SAFE SLEEP FOR INFANTS

According to the Center for Disease Control and Prevention (CDC), there are a little over 3,000 children who pass away from sudden unexpected infant deaths (SUID) every year. It is noted that there are three types of reported SUID's which include; sudden infant death syndrome (SIDS), unknown cause, and accidental suffocation and strangulation in bed (CDC, 2021). As scary as this can be, there are ways parents and caregivers can help reduce death in children.

One important way is to learn about safe sleeping. This involves safe positioning, using safety approved mattresses, creating safe sleeping environments and more. If you are a parent or caregiver and wish to know more, please reach out to your child's primary care provider or call your local health department for more information. You can also check out the CDC website to get more details at <https://www.cdc.gov/sids/Parents-Caregivers.htm>.

Did you know, the Morgan County Health Department offer's SIDS education for qualifying parents? Those who complete the educational phone session(s) can receive free safety supplies that help your baby have a safe sleeping area. The more you know, the safer your child will be! To register for sessions and to find out about other programs for parents of young children call 740-962-4572 today!