The building blocks of infant safe sleep

Vaccines & Safe Sleep

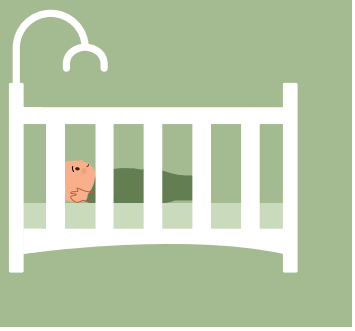
You have the power to help protect your baby.

1 GET VACCINATED ON TIME, EVERY TIME.

- Vaccines help protect your baby from 16 serious diseases by age 2.
- Go to all check-ups to keep vaccines up to date.
- Follow the Centers for Disease Control and Prevention (CDC) vaccine schedule for safe, proven protection at CDC.gov/Vaccines.
- Do not skip or space out vaccines. Get all doses on time to protect your baby from vaccine-preventable diseases.

2 FOLLOW SAFE SLEEP GUIDELINES.

- Always place your baby on their back for all sleep times – day and night – until their first birthday.
- Place your baby in a crib, bassinet, or pack and play with a firm mattress and tight-fitting sheet.
- Do not use pillows, blankets, soft toys or crib bumpers.
- Dress baby in a sleep sack or pajamas to match the room temperature.
- Make sure no one smokes or vapes around your baby.



3 KNOW THE FACTS.

Vaccines do not cause SIDS.

- The timing of the 2-month and 4-month vaccinations is also a peak age for SIDS. This made some people question if vaccines cause SIDS.
- Many studies* have found that vaccines do not cause SIDS.
- Vaccines are constantly monitored for safety.

Vaccines help protect against SIDS.

- Vaccination is associated with reducing SIDS by 50%.*
- Higher vaccination rates are associated with lower SIDS deaths.*
- Vaccines protect against germs that may affect baby's breathing, such as germs that cause the flu, whooping cough, pneumonia and COVID-19.
- Vaccination helps keep babies safe and healthy.

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For questions about your baby, ask your doctor, health care provider or home visitor. Learn more about infant safe sleep by visiting the Infant Safe Sleep website (URL: **www.michigan.gov/safesleep**).

*For a list of studies and resources on vaccines and safe sleep, as well as other information, visit the Immunization website (URL: **www.michigan.gov/immunize** and select "Immunization Information for the Public" then select "Infants, Children, and Adolescents").

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