# SAFE SLEEP AND VACCINES

## You have the power to help protect your baby

Image Source: Foundation for Biomedical Research

## GET VACCINATED ON TIME, EVERY TIME

- Vaccines help protect your baby from 14 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: **www.cdc.gov/vaccines**.
- **Do not skip or space out vaccines**. Get all doses on time to protect your baby from serious diseases.

## FOLLOW SAFE SLEEP GUIDELINES

- **Always place your baby** on his or her back for all sleep times—naps and night, until their first birthday.
- Place your baby in a crib, bassinet, or pack 'n 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 around your baby.

Image Source: National Institute for Children's Health Quality

Image Courtesy of Safe to Sleep® Flickr Album: www.flickr.com/photos/nichd/albums/

## KNOW THE FACTS ABOUT VACCINES AND SUDDEN INFANT DEATH SYNDROME (SIDS)

### VACCINES DO NOT CAUSE SIDS

- Babies get vaccines at 2 and 4 months which is also a peak age for SIDS. This made some people question if vaccines cause SIDS.
- Many studies* have been done and 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 your baby's breathing, such as germs that cause whooping cough, pneumonia, and the flu.
- Vaccinated babies = healthier babies!

Image Source: Cedars-Sinai

*For a list of studies and resources on vaccines and safe sleep, as well as other vaccine information, visit **www.michigan.gov/immunize** and select "Vaccine Information for the Public."

For questions about your baby ask your doctor, healthcare provider or home visitor.

Learn more about infant safe sleep by visiting **www.michigan.gov/safesleep.**

MDHHS
Michigan Department of Health & Human Services