

# SAFE SLEEP AND VACCINES

You have the power to help protect your baby.

## GET VACCINATED ON TIME, EVERY TIME

- Vaccines help protect your baby from 15 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](https://www.cdc.gov/Vaccines).
- **Do not skip or space out vaccines.** Get all doses on time to protect your baby from vaccine-preventable diseases.



Image Source: Foundation for Biomedical Research

## FOLLOW SAFE SLEEP GUIDELINES

- **Always place your baby on their back** for all sleep times—naps 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.



Image Source: National Institute for Children's Health Quality

## 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.



Image Source: Safe to Sleep® Flickr Album



Image Source: Cedars-Sinai

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

\*For a list of studies and resources on vaccines and safe sleep, as well as other vaccine information, visit the [Immunization website](https://www.michigan.gov/immunize) (URL: [www.michigan.gov/immunize](https://www.michigan.gov/immunize)) and select "Vaccine Information for the Public."

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