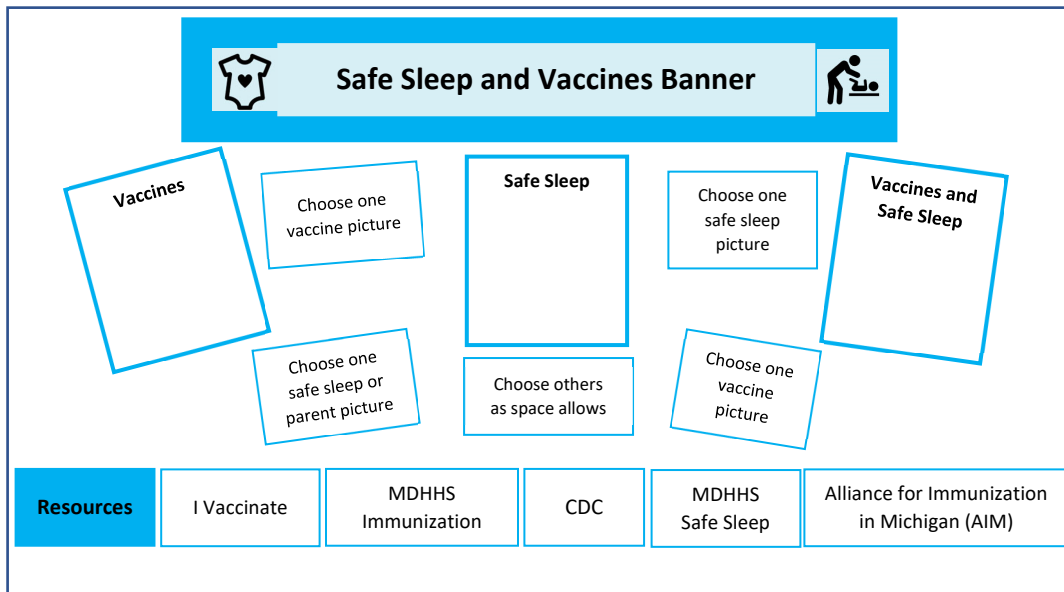


## Safe Sleep and Vaccines Bulletin Board Kit Instructions

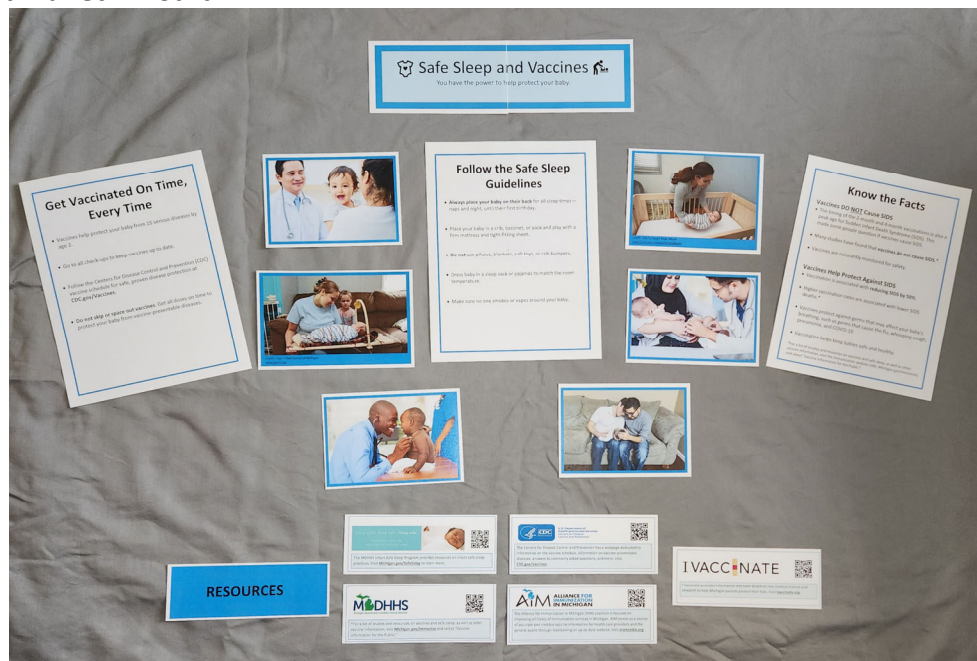
The purpose of this bulletin board kit is to increase client education and awareness of how vaccines can reduce the risk of sleep-related infant death and address misconceptions that vaccines cause SIDS. The bulletin board is titled **Safe Sleep and Vaccines**.

This kit can be printed, cut to fit and displayed in your office. The kit comes with sets of pictures of parents, babies in a safe sleep environment and babies receiving immunizations. Choose pictures of each set and display as suggested in the template below. If you have any questions about the bulletin board kit or if you'd like to send us a picture of your bulletin board, email the Infant Safe Sleep Program at [MDHHS-InfantSafeSleep@michigan.gov](mailto:MDHHS-InfantSafeSleep@michigan.gov).

### Template



### Completed Bulletin Board





# Safe Sleep an

You have the power to h

# nd Vaccines



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 disease 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.

# Follow the 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.

# Know the Facts

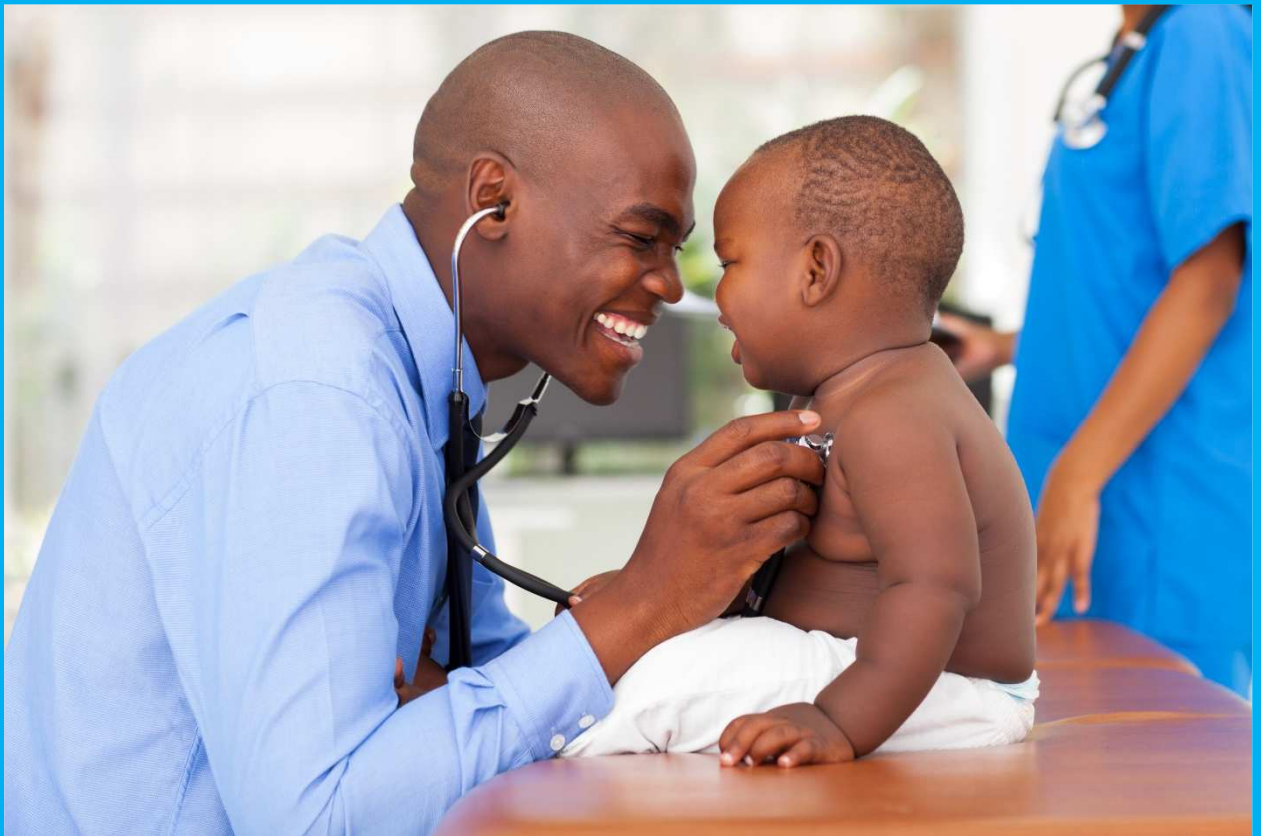
## Vaccines **DO NOT** Cause SIDS

- The timing of the 2-month and 4-month vaccinations is also a peak age for Sudden Infant Death Syndrome (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 your baby's breathing, such as germs that cause the flu, whooping cough, pneumonia, and COVID-19.
- Vaccination helps keep babies safe and healthy.

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





Credit: Heather Hazzan, SELF Magazine







Credit: Foundation of Biomedical Research  
<https://fbresearch.org/questioning-science-behind-vaccines/>



Credit: Cedars-Sinai  
[www.cedars-sinai.org/csmagazine/vaccine-fast-facts.html](http://www.cedars-sinai.org/csmagazine/vaccine-fast-facts.html)



Image courtesy of the Safe to Sleep® campaign, for educational purposes only; *Eunice Kennedy Shriver* National Institute of Child Health and Human Development, <https://safetosleep.nichd.nih.gov>.



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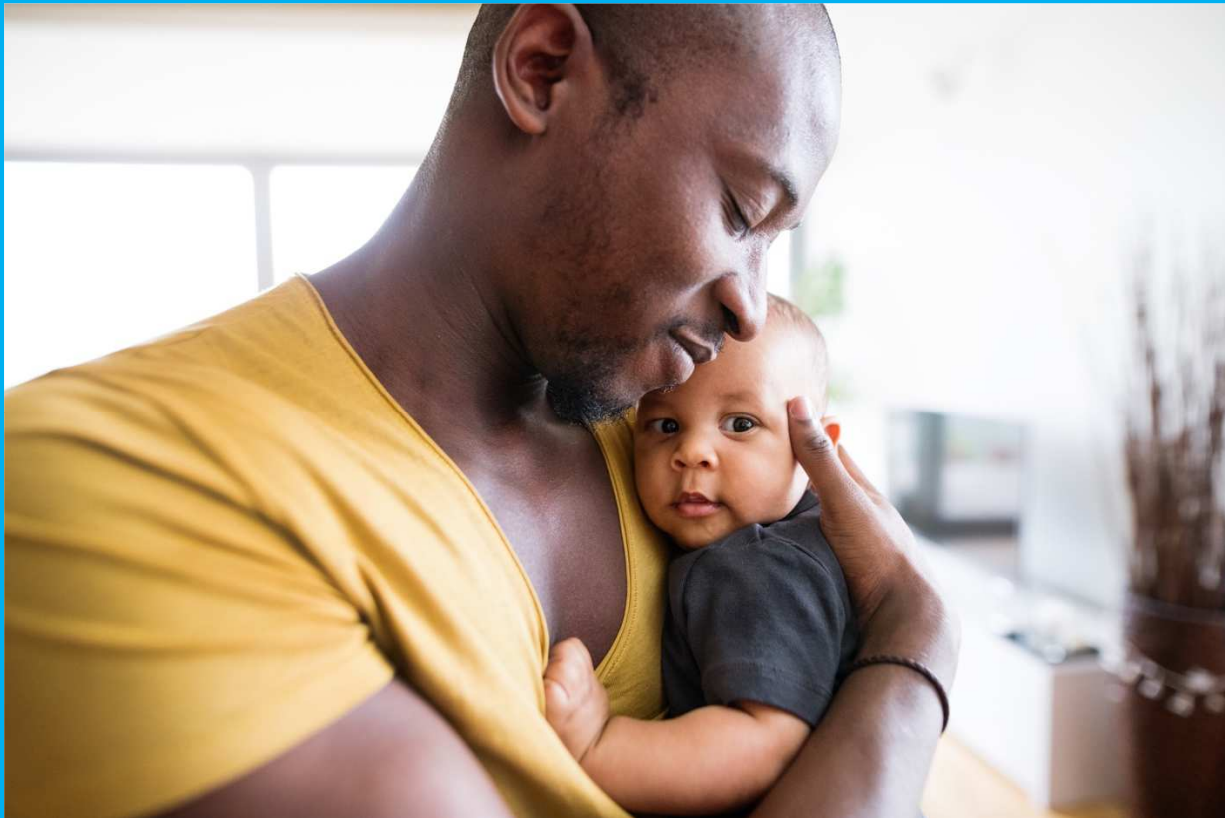
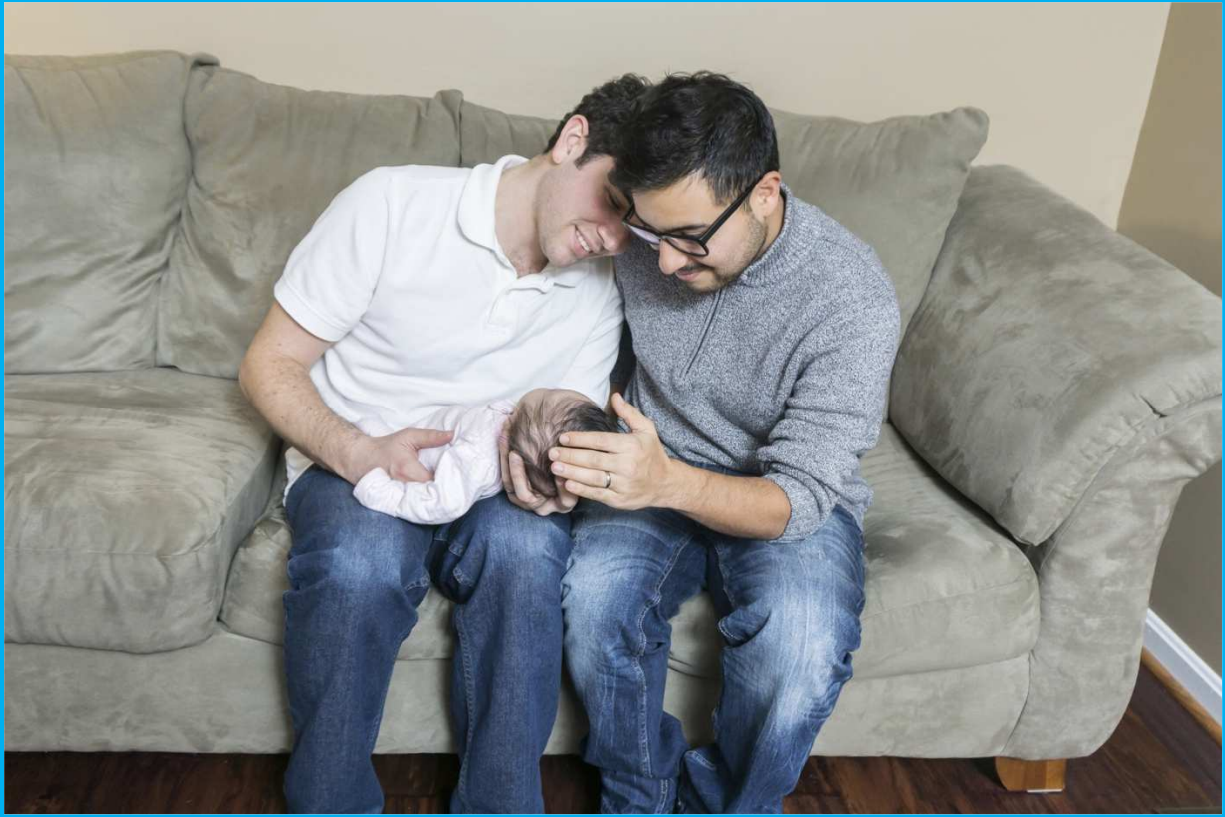




Image courtesy of the Safe to Sleep® campaign, for educational purposes only; Eunice Kennedy Shriver National Institute of Child Health and Human Development, <https://safetosleep.nichd.nih.gov>.



Credit: Inter-Tribal Council of Michigan  
[www.itcmi.org](http://www.itcmi.org)

# RESOURCES

Good night. Sleep tight. Sleep safe.

Learn more about the  
safest way for babies to sleep.



The MDHHS Infant Safe Sleep Program provides resources on infant safe sleep practices. Visit [Michigan.gov/SafeSleep](https://Michigan.gov/SafeSleep) to learn more.

I VACC  NATE



I Vaccinate provides information and tools based on real medical science and research to help Michigan parents protect their kids. Visit [Ivaccinate.org](https://Ivaccinate.org).



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



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention



The Centers for Disease Control and Prevention has a webpage dedicated to information on the vaccine schedule, information on vaccine-preventable diseases, answers to commonly asked questions, and more. Visit [\*\*CDC.gov/Vaccines\*\*](https://www.cdc.gov/Vaccines).



The Alliance for Immunization in Michigan (AIM) coalition is focused on improving all facets of immunization services in Michigan. AIM serves as a source of accurate and credible vaccine information for health care providers and the general public through maintaining an up-to-date website. Visit [\*\*aimtoolkit.org\*\*](https://aimtoolkit.org).