SAGINAW COUNTY DEPARTMENT OF PUBLIC HEALTH

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NEWS RELEASE

FOR IMMEDIATE RELEASE   **DATE:** 09/13/2016

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SAGINAW COUNTY DEPARTMENT OF PUBLIC HEALTH RECOGNIZES INFANT SAFE SLEEP AWARENESS MONTH

September is Infant Safe Sleep Awareness Month and to recognize this important observance, the Saginaw County Department of Public Health is reminding parents and caregivers of techniques that can help to substantially reduce the infant death rate in our county and state.

In 2014, 152 Michigan infants died before their first birthday in unsafe sleep environments, including 8 in Saginaw County. The loss of these babies to unsafe sleep environments is such a tragedy, particularly since such deaths are 100 percent preventable.

All babies should always be placed to sleep on their backs, never on their sides or tummies, in their own crib. Other lifesaving steps parents and caregivers can take to protect their baby include:

- Never put the baby to sleep with adults or other children as the practice greatly increases the chance of a tragedy occurring.
- Put babies in cribs of their own, never on adult beds, pillows or couches.
- Use a firm mattress with a tightly-fitted sheet.
- Ensure that the crib does not contain extra items -- including pillows, crib bumpers and stuffed animals – and use a safe sleep sack instead of blankets.
- Place the baby to sleep on his or her back, not on the stomach or side.
- Do not overheat baby.
- Make certain that no one smokes around baby.

There are many resources available. For more information, parents, professionals and others can visit www.michigan.gov/safesleep. The Saginaw County Department of Public Health also has programs and services available for families wanting to know more about safe sleep. Call 989-758-3845 or visit www.saginawpublichealth.org. Be Wise. Be Well.

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