



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department



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October is... *Sudden Infant Death Syndrome Awareness Month*

Sudden Infant Death Syndrome (SIDS) is the sudden, unexplained death of an infant younger than 1 year of age. SIDS is the leading cause of death of infants between the ages of 1 month and 1 year of age, with most deaths happening between 1 month and 4 months of age. In 2005, the American Academy of Pediatrics Task Force on Infant Sleep Position and SIDS issued recommendations that healthy babies be placed on their backs to sleep for reducing the risk of SIDS.

Safe Sleep Top 10 to Reduce the Risk of SIDS:

1. Always place your baby on his or her back to sleep, for naps and at night.
2. Place your baby on a firm sleep surface, such as on a safety-approved crib mattress covered by a fitted sheet.
3. Keep soft objects, toys, and loose bedding out of your baby's sleep area. Do not use pillows, blankets, quilts, bumper pads, or other soft surfaces in your baby's sleep area.
4. Do not allow smoking around your baby.
5. Keep your baby's sleep area close to, but separate from where you and others sleep. Do not have baby sleep on a couch or in your bed.
6. Think about using a clean, dry pacifier when placing your infant down to sleep, but do not force your baby to take it.
7. Do not let your baby overheat during sleep.
8. Avoid products that claim to reduce the risk of SIDS.
9. Do not use home monitors to reduce the risk of SIDS.
10. Reduce the chance that flat spots will develop on your baby's head by providing "Tummy Time". This is done when your baby is awake or someone is watching him or her.

Additional information on SIDS risk reduction can be found at <http://www.nichd.nih.gov/SIDS> or contact Becky Lehman, Health Educator at PCHD, 330-296-9919 ext. 137.



Did you know...

The Portage County Health Department (PCHD) is partnering with SIDS Network of Ohio to provide a community education program regarding infant safe sleep messages. This is the first community-based campaign in Portage County focused on reducing the rate of SIDS in Portage County. This effort is funded by the Ohio Department of Health's Child and Family Health Services grant.

Remember: Make sure everyone who cares for your baby, parents, grandparents, babysitters, and childcare providers, knows the Safe Sleep Top 10 in order to protect your baby from SIDS!



Did you get your flu shot yet?

The Portage County Health Department is holding community flu shot clinics throughout Portage County. This is an effort to protect the health of all Portage County residents by making flu shot clinics convenient to all residents in their own communities.

All clinics are walk-in, no appointment necessary.

Cost: \$10 for children
\$20 for adults

Medicaid, Buckeye, Care Source, United Health, and Medicare Part B are accepted.

High Dose flu vaccine is available for adults 65 years and older for \$45 - Medicare Part B is accepted.

Clinic location calendar and addresses for community clinics can be found on the Portage County Health Department website: www.co.portage.oh.us/healthdepartment.htm or contact Becky at 330-296-9919 ext. 137.

Questions or Comments?

Contact Us!

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