



# 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, also known as SIDS is the sudden death of an infant less than a one year old. It is also called “crib death” but cribs do not cause SIDS. No one knows the cause of SIDS, but over the years researchers have identified several risk factors for SIDS.

### **How to Prevent SIDS**

- Always place baby on his/her back to sleep.
- Place your baby on a firm sleep surface.
- Keep soft objects, toys and loose bedding out of baby's sleep area.
- Do not allow smoking near your baby.
- Keep baby's sleep area close to where you or others sleep.
- Offer your infant a clean, dry pacifier when putting down to sleep.
- Do not let your baby get hot while sleeping.
- Avoid products that claim to reduce the risk of SIDS.
- Reduce chance of flat spots on baby's head. Give your baby “tummy time” occasionally.
- Do not use home monitors to reduce the risk of SIDS.

For more information visit: <http://www.lung.org/lung-disease/sudden-infant-death-syndrome/preventing-sids.html>

## ***Did you know?***

The three most frequently reported causes are SIDS, cause unknown, and accidental suffocation and strangulation in bed. In 2010, 2,063 deaths were reported as SIDS, 918 as cause unknown, and 629 as accidental suffocation and strangulation in bed.



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.

The Portage County Health Department, through funds from ODH Child and Family Health Services grant, is partnering with SIDS Network of Ohio to target Portage County residents and healthcare providers with evidence-based education and outreach.

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.

## **Questions or Comments?**

Contact Us!

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