

## Please Share

Share this **Safe Sleep Guide** with other mamas, papas, grandmas, grandpas, aunts, uncles, caregivers, birthing coaches, doulas, and providers to help us protect babies and reduce SIDS.

**Sleep Safe Baby** is an Infant Safe Sleep Public Education and Awareness Campaign funded by First 5 Fresno County. Our hope with Sleep Safe Baby is to shift cultural norms and everyday sleep practices to reduce SIDS in Fresno.

Get connected to more tips, resources, and support at **[sleepsafebaby.com](https://sleepsafebaby.com)**

# SleepSafe BABY



Karisma & A'Miracle

# Myths & Facts

ABOUT SIDS



Olivia



**SleepSafe**  
BABY

# Myths & Facts About SIDS

Sudden infant death syndrome (SIDS), also called crib or cot death, is defined as the sudden death of an infant younger than one year of age that remains unexplained after a thorough investigation. SIDS is the leading cause of death in infants between one month and one year of age in the United States, where approximately 3,400 children per year die as a result of SIDS.

Myth: Babies can “catch” SIDS.

**Fact: SIDS cannot be caught. It is not contagious and there are no symptoms before death.**

Myth: Cribs cause “crib death,” or SIDS.

**Fact: Cribs do not cause SIDS.**

Myth: Babies who sleep on their backs can choke on spit up or vomit.

**Fact: Babies swallow or cough up fluid that enters their airway. Doctors have found no increase in choking or other problems in babies sleeping on their backs.**

Myth: A SIDS death can be prevented.

**Fact: Although there’s no way to ensure that a baby won’t die of Sudden Infant Death Syndrome, the risk of SIDS can be greatly reduced by placing babies on their backs to sleep.**

Myth: Shots, medicines and vaccines can cause SIDS.

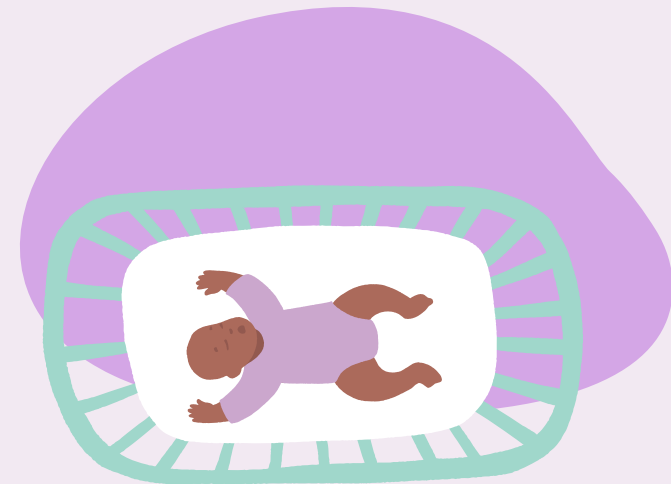
**Fact: Shots, vaccines or medicines do not cause SIDS. All babies should be seen for well-baby checkups. Babies should also receive their shots on time.**

Myth: SIDS is the result of child abuse.

**Fact: SIDS is not the result of neglect or child abuse.**

Myth: SIDS can occur at any age.

**Fact: SIDS is the unexplained death of a baby younger than 1 year of age. Most SIDS deaths happen between 2 and 4 months of age. The number of babies dying of SIDS dramatically drops after 6 months of age.**



\*The information in this guideline comes from the American Academy of Pediatrics (AAP).