

## Public Health Toolkit **SOCIAL MEDIA**



### Fall Sudden Infant Death Syndrome (SIDS)

**POST:** A baby is safest sleeping in a crib or bassinet near your bed. Babies who sleep in a bed, couch, or armchair especially with adults or other children are at risk for injury and sleep-related deaths.

[www.health.ny.gov/diseases/conditions/sids/](http://www.health.ny.gov/diseases/conditions/sids/)

**TWEET:** Babies who sleep in a bed, couch, or armchair especially w/ adults or other children are at risk for injury & death. [www.health.ny.gov/diseases/conditions/sids/](http://www.health.ny.gov/diseases/conditions/sids/)

**POST:** Each year, about 90 NYS infants die unexpectedly during sleep time, from SIDS, accidental suffocation, or unknown causes. Help reduce this risk by making sure to remove pillows, quilts, sheepskins, bumpers, stuffed toys, and loose bedding from your baby's sleep area.

[www.health.ny.gov/diseases/conditions/sids/](http://www.health.ny.gov/diseases/conditions/sids/)

**TWEET:** About 90 NYS infants die unexpectedly during sleep time each year. Learn how you can reduce this risk. [www.health.ny.gov/diseases/conditions/sids/](http://www.health.ny.gov/diseases/conditions/sids/)

**POST:** Lower your baby's risk of SIDS, by placing your baby on his or her back to sleep, for naps and at night. Allow for tummy time when your baby is awake and is being watched.

[www.health.ny.gov/publications/0577/](http://www.health.ny.gov/publications/0577/)

**TWEET:** Always place a baby on his or her back to sleep, for naps and at night.

[www.health.ny.gov/publications/0577/](http://www.health.ny.gov/publications/0577/)

**POST:** Call the New York State Sudden Infant and Child Death Resource Center (1-800-336-7437 for) for recommendations to reduce SIDS and emotional support if you're experienced a loss due to SIDS.

**TWEET:** NYS Sudden Infant and Child Death (SIDS) hotline (1-800-336-7437) is available for any questions you may have about (SIDS).

**POST:** Each year in New York state, babies die from Sudden Infant Death Syndrome (SIDS) and accidents that happen during sleep time. Take care of your baby by following these "Safe Sleep for your Baby" steps: [www.health.ny.gov/publications/0577/index.htm](http://www.health.ny.gov/publications/0577/index.htm)

**TWEET:** Follow "Safe Sleep for your Baby" steps to help prevent SIDs and or accidents while sleeping. [www.health.ny.gov/publications/0577/index.htm](http://www.health.ny.gov/publications/0577/index.htm)