

Every month 2 infants die

in a sleep setting in Utah

Roughly every other week a Utah family experiences a sleep-related infant death, but few people know about these tragedies. Many of them could have been prevented.



Hearing about deaths from drowning or car accidents in the news has helped parents to do a great job making sure car seats are used and that babies are supervised near water.

Cribs are just as important as car seats!

Twelve babies died from drowning or car accidents in 5 years compared to **131 infants who died during sleep.**



Babies are very vulnerable when they are sleeping. Even a light blanket or a stuffed animal near your baby's face can make it hard for them to breathe. Babies should always sleep **on their backs** and **alone** on **firm, flat surfaces** with **no soft objects in their crib**. Babies should be moved to a crib if they fall asleep in car seats, swings, or on couches/armchairs.



Scan, click, or visit
bit.ly/3MUCBBo to learn how to
keep your baby safe!