



# Unsafe sleep environments are much more dangerous for babies with **respiratory symptoms**

If your baby has any of the following symptoms, **safe sleep** is even more important for them:

⚡ Runny nose

⚡ Sneezing

⚡ Decrease in appetite

⚡ Fever

⚡ Coughing

⚡ Wheezing

*If you are concerned about your baby's illness, contact your baby's doctor right away.*

## Vaccines can protect your baby from getting sick.

Ask your baby's doctor about vaccines for flu, COVID, and RSV.

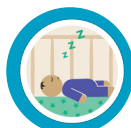
**You can help protect your baby.** Make sure they **SLEEP SAFE.**

Help keep babies safe by following these rules, every night and every nap.



### Alone.

Most sleep-related deaths occur when babies sleep with an adult or another child, or in an adult bed or on a sofa. **You can keep your baby close to you by sharing your room with your baby, but not your bed.**



### Back.

The safest position for a baby to sleep is on their back. Even when your baby is congested or coughing, babies are *less* likely to choke while sleeping on their backs.



### Crib.

**When babies are sick, they may be more sluggish and have a harder time adjusting their position to breathe better if their face gets covered.** Your baby's sleeping place should be clean and clear. No blankets, pillows, stuffed animals, Boppy, or crib bumpers. Just a tight-fitting sheet on a firm mattress.



### Don't Smoke.

Keep smoke away from your baby—no cigarettes, marijuana, or vaping in your home. Smoke of any kind increases a baby's risk of dying while sleeping, especially babies who are sick.



### Stay Cool.

**Babies with fever may overheat more easily because their body temperature may already be higher than normal.** Sleeping on their back and uncovered, without blankets, can help prevent overheating.



[www.healthybabiesbaltimore.com/safe-rest](http://www.healthybabiesbaltimore.com/safe-rest)