

PRINCE GEORGE'S COUNTY, MD. FIRE / EMS DEPARTMENT



TIPsheet

SLEEP SAFETY

NEED ADDITIONAL INFORMATION? PLEASE CONTACT THE
PGFD/EMS DEPARTMENT COMMUNITY OUTREACH OFFICE AT 301-883-5250



Sleep Safety is simple as A. B. C.!

The Prince George's County Fire and Emergency Medical Services (EMS) Department wants to ensure that you as a new parent think of these simple sleep safety tips when caring for a newborn baby.

Sleep Safety is as simple as ABC –

Always put me ALONE on my BACK in a safe CRIB

*Simple Sleep Safety Tips EVERY TIME
you put your baby down to sleep*

- ALWAYS put baby on his/her **BACK** to sleep
- ALWAYS put baby to sleep **ALONE** –
Never with other babies, children, adults, or pets
- Always put baby in a **SAFE CRIB** or **BASSINET**
- NEVER on a bed or waterbed
- NEVER on a sofa or a chair
- NEVER with pillows, quilts, or comforters
- ALWAYS keep the CRIB CLUTTER FREE
NO BUMPERS
TOYS
ANIMALS
CLOTHING

