

REDUCING THE RISK OF SUDDEN INFANT DEATH SYNDROME



1

Laying the baby **on his back** on a firm mattress

2

Put the baby in a baby sleeping bag, **without extra blankets.**

3

Limit yourself to **one stuffed animal** in the bed.

4

Put the baby to bed in a room between **18°C and 20°C**, in the parents' room at night for the first 6 months.

5

Do not smoke inside the home

6

Do not sleep in the same bed as the baby.



Sudden Infant Death

Christian Drosten



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