

Every year,  
Baltimore babies die  
because they are  
**NOT** sleeping SAFELY.

Safe sleep is as easy as... 

 **A** lone

Not with Mom, Dad, or anyone else.  
No blankets, pillows, or stuffed toys.

on his/her  **B**ack

Not on the stomach or side.

in a  **C**rib

Not on an adult bed, sofa, cushion  
or other soft surface.

If you are pregnant or have a young infant  
and need information on Safe Sleep or how to get a free crib, contact:

**(410) 649-0526**

or  
**[www.baltimorehealth.org](http://www.baltimorehealth.org)**

A MESSAGE FROM THE BALTIMORE CITY HEALTH DEPARTMENT  
**Shelia Dixon, Mayor**  
**Joshua M. Sharfstein, M.D., Commissioner of Health**



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