COVID-19 AND INFANT SAFE SLEEP PRACTICES

Make Safe Sleep a Priority

Alone

Infants should sleep alone on a separate, flat sleep surface.

Back

Infants should be placed on their back, not on their stomach or side.

Crib

Infants should sleep in a crib, pack n' play or bassinet that has a fitted sheet.

Babies' sleep environments should always be clear of blankets, pillows, toys, stuffed animals, Boppy, or crib bumpers.

#WeAreInThisTogether

For more information, visit: www.nh.gov/covid19