# Keeping your baby safe while they are *sleeping with a cold* means following **ALL** safe sleeping practices.

## 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 from flu, COVID, and RSV.

## You can help protect your baby.

Make sure they **SLEEP SAFE!**

Help keep babies safe by following these rules *every time* baby sleeps!

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### 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, not your bed.

### Back.
The safest position for a baby to sleep is on their back. Even when our 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.

Excerpted from B'More for Healthy Babies - Baltimore City Health Department.