



Suffocation Prevention

Because babies are not yet able to raise their heads, they need special protection from suffocation. But small children are also at risk, primarily due to plastic bags of all sizes. Protect your children from the dangers of suffocation by following these rules:

- Never place an infant face down on soft bedding, such as a waterbed, quilt, sheepskin rug, or mattress cover. The same holds true for any type of soft pillow, such as a beanbag or bead-filled pillow. Avoid large stuffed animals.
- Be sure that a crib mattress fits snugly in the crib. This keeps a baby from slipping in between the mattress and the crib sides.
- Never put an infant down on a mattress covered with plastic or a plastic bag.
- Promptly dispose of plastic shopping bags and plastic dry-cleaning bags. Tie several knots in each bag before throwing it out.
- Keep plastic garbage bags and large sandwich-style plastic bags out of children's reach.
- When cleaning up after a birthday party or holiday, pay special attention to all plastic bags from toy packaging. Collect them and throw them out immediately.

