Create a Safe Sleep Environment for Baby

Did you know that the features of your baby’s sleep area can affect his/her risk for Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death, such as suffocation?

Create a safe sleep environment for your baby.

How can you make a safe sleep environment?

- Always place baby on his or her back for all sleep times, including naps.
- Room share—Keep baby’s sleep area in the same room next to your sleep area. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Use a firm sleep surface, such as a mattress to softly supported** with a fitted sheet, a portable play area, covered by a blanket.
- Keep soft objects, toys, pillows, crib bumpers, and loose bedding out of your baby’s sleep area.
- Don’t let baby get too hot during sleep. Dress your baby in no more than one layer more of clothing than an adult would wear to be comfortable. A one-piece sleeper or wearable blanket can be used.

*Visit the U.S. Consumer Product Safety Commission website for more information about safety-approved baby sleep areas:

Learn more about ways to reduce the risk of SIDS and other sleep-related causes of infant death at 
http://safetosleep.nichd.nih.gov
http://www.scotlandcounty.org/680/Safe-Sleep
Scotland County Health Department
1405 West Boulevard
Laurinburg, NC 28352
(910) 277-2440
http://www.scotlandcounty.org/148/Health-Department

This ad was provided with Title X funds.

Health Department Now Offering Long-Acting Reversible Contraceptives

Scotland County Health Department is pleased to announce we are now offering Long-Acting Reversible Contraceptives (LARC) as a method of birth control. These contraceptives include Intrauterine devices (IUDs) and birth control implants. Examples include Mirena (IUD) and Nexplanon (Implant). LARCs are an effective way of preventing pregnancy for 3-5 years upon insertion, without the need to take a daily pill. “We are excited to be able to offer these methods of birth control to any new or current patient at Scotland County Health Department which will allow us to better serve the people in our community,” stated Kristen Patterson, Health Director.

For more information about Long-Acting Reversible Contraceptives, to determine eligibility, or to make an appointment, please call the Scotland County Health Department at 910-277-2440 or 910-277-2470 ext. 4466.

Mabry’s services are designed to respond to all of your patients health care needs 24 hours a day, 7 days a week. Our services include, but are not limited to the following:

- Oxygen Therapy • Sleep Apnea Therapy • Nebulizer Therapy and Medications • Hospital Beds • Wheelchairs and Accessories • Motorized Wheelchairs • Lift Chairs • Diabetic Care • C.P.M. Knee Rehab Machines • Bedside Commodes • Walkers and Canes • Orthotics • Bath Safety • And Much More!

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