

SIDS AND SECONDHAND SMOKE

~What You Need to Know~

WHAT IS SIDS?

SIDS (Sudden Infant Death Syndrome) is defined as the sudden, unexplained, unexpected death of an infant, in the first year of life.

SIDS occurs in all types of families, regardless of race or socioeconomic level.

SIDS is unexpected, usually occurring in otherwise apparently healthy infants from one month to one year of age.

SIDS death cannot be predicted, however, there are ways to lower an infant's risk of dying from SIDS.

SIDS deaths have been linked to maternal smoking.

SIDS is more common among those babies who are exposed to secondhand smoke.

WHAT IS SECONDHAND SMOKE?

Secondhand smoke (SHS) is a mix of smoke from the burning end of a cigarette, cigar or pipe, and the smoke exhaled by the smoker.

Children exposed to SHS are hospitalized more frequently, and have a higher chance of dying from SIDS.



WHAT CAN I DO?

As a concerned parent, you can reduce your baby's risk of SIDS by knowing the facts and dangers of SHS. If you are pregnant or planning to become pregnant, you need to know the risks of exposing an unborn baby to smoke. Call the California Smokers' Helpline, **1-800-NO-BUTTS**, for FREE assistance to quit smoking and learn how smoke and SHS harms babies before and after they are born.

ALWAYS provide a smoke-free environment for your baby. Insist that babysitters, grandparents or other caregivers never smoke around your baby.

And remember, place your baby on his/her back to sleep and follow the recommended safe sleeping practices.



FOR MORE INFORMATION

For more information about SIDS and how you can lower your baby's risk of SIDS, call the *California SIDS Program* at 800-369-SIDS (7437) or email us at info@californiasids.com. Visit the Program's website at www.californiasids.com to learn ten ways you and others who care for your baby can keep him/her safe when sleeping.

Contact **1-800-NO-BUTTS** for free one-on-one confidential counseling over the phone to help you or your loved ones quit smoking. For more information, email the outreach department at cshoutreach@ucsd.edu or visit the website at www.nobutts.org



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California SIDS Program ♦ 800-369-SIDS (7437) ♦ www.californiasids.com

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