

WARNING

YOU ARE RECEIVING A MEDICATION THAT MAY CAUSE IMPAIRMENT

Impairment affects your ability to drive a car; it can also affect your parenting. If you are the parent of a baby or live in a house with a baby, please take extra precautions to keep the baby safe while you are taking medications.

In Kentucky, an infant is **70 times** more likely to die from unsafe sleep than in a motor vehicle accident. It is well known that driving “under the influence” of alcohol, street drugs and some prescription medications is dangerous and can even be deadly. Similarly, caring for a baby while “under the influence” is DANGEROUS for babies, especially when an impaired parent places a baby in bed with them, which can be deadly. These deaths are preventable.

To reduce the risk of any infant dying due to unsafe sleep, be sure you and your family follow the ABC's of Safe Sleep EVERY time an infant sleeps.



ALONE - Stay Close, Sleep Apart



On their **BACK** for night and naps



In a clean, clear **CRIB**



DANGER- Be aware, not impaired*

***Designated Dependable Adult**- Just as “designated drivers” protect people from the dangers of driving under the influence, consider finding a designated, dependable (sober) adult to protect the baby from the dangers of unsafe sleep if you know you will be impaired.

Spread the word to those you know. Help stop babies from dying unnecessarily. Be cautious with babies while you are on medication.

For more information visit:
<http://www.safesleepky.org/>
<http://safesleep.nichd.nih.gov>