

SUID (Sudden Unexpected Infant Death)

Now, a Health Minute.

Parents and caregivers creating a safe sleep environment for your baby can reduce the risk of Sudden Unexpected Infant Death. Sudden Unexpected Infant Death describes the sudden and unexpected death of a baby less than one years old.

SUID includes Sudden Infant Death Syndrome or SIDS. You can reduce SUID. Place your baby on their back to sleep, make sure your baby sleeps on a firm mattress, do not share a bed with your baby and keep your baby's crib free of objects like stuffed animals.

Do not smoke during your pregnancy or around your baby. For more information on SUID, go to cdc.gov.