

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.

An infant is much more likely to die from unsafe sleep than in a motor vehicle accident. 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.

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



ALONE - Stay close, sleep apart.



On their **BACK** for nights and naps.



In a clean, clear **CRIB**.



Be aware, not impaired. Keep your home **DRUG-FREE***.

***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. Be cautious with babies while you are on medication, it may save their life.

SAFESLEEP
- M A I N E -

Visit SafeSleepForME.org for more information

