



Charles County Department of Health

SIDS Awareness Month



To help raise awareness about safe infant sleep, we are inviting you to participate in a fun and friendly photo activity: #CCSafeSleepSnap

Anyone can participate by sharing a photo of a baby (up to 12 months of age) in a safe sleep environment on their social media accounts. Make sure you use the hashtag #CCSafeSleepSnap so everyone can see the adorable pictures of babies in safe sleep environments!

Check out <https://bit.ly/2SzrG36> to see what a safe sleep environment looks like.

Here's how to join in:

1. Post a photo of your baby, grandbaby, niece, or nephew in a safe sleep environment on your social media accounts (Facebook or Twitter).
2. Use the hashtag #CCSafeSleepSnap in the post. This is how we'll know you participated!

This is your opportunity to both show off your cutie and help other parents and caregivers see what safe infant sleep looks like.

