

嬰兒安全睡姿與環境

時刻緊記全靠你

Baby's Safe Sleeping Position & Environment
You're the one to care

- 讓嬰兒仰睡 ✓
Place baby on his back to sleep
- 面部及手外露 ✓
Face and hands not covered
- 堅實和大小適中的牀褥 ✓
Firm and well fitted mattress
- 勿放軟身物件和寬鬆被鋪 ✓
No soft objects and loose bedding
- 無煙環境 ✓
Smoke-free environment
- 舒適的溫度 ✓
Comfortable temperature
- 與嬰兒共睡一室，
嬰兒睡在自己的牀或睡籃 ✓
Sleep in a cot or sleeping basket with you in the same room



衛生署家庭健康服務
Family Health Service, Department of Health

網頁：www.fhs.gov.hk
Website

24小時資訊熱線：2112 9900
24-hour Information Hotline



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