

Sudden Infant Death Syndrome (SIDS)

It is always timely to remind families about SIDS awareness and safe sleep. SIDS is the term to describe the sudden death of a baby younger than one year of age. While there is no known cause of death, there are several steps that can help reduce the risk of SIDS. One crucial factor is a baby's sleep environment.

For more information on the SB County Safe Sleep program, please contact Hillary.Steenson-Ray@hss.sbcounty.gov.

Safe Sleep Environment

To **reduce the risk** of SIDS and other sleep-related causes of infant death:



▶ Always place baby on his or her back to sleep, for naps and at night.



▶ Share your room with baby. Keep baby close to your bed, on a separate surface designed for infants.



▶ Use a firm and flat sleep surface, such as a mattress in a safety-approved crib*, covered by a fitted sheet with no other bedding or soft items in the sleep area.

* A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. For information on crib safety, contact the CPSC at 1-800-638-2772 or <http://www.cpsc.gov>.




[Learn more about SIDS](#)

Depression Awareness

Mom's mental health matters, and pregnancy can bring a range of emotions. One in three pregnant women experience anxiety or depression symptoms during their pregnancy journey. Some mothers may experience a few symptoms, while others might experience many. Although depression during and after pregnancy is common, it is also treatable. *Feelings in Motherhood* (FIM) is a booklet that reviews the common symptoms of maternal depression and may be used to assist mothers through this difficult period.

[Click here to read about Feelings in Motherhood](#)

Depression in Women: 5 Things You Should Know

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1. Depression is a real medical condition.
 2. Depression can hurt—literally.
 3. Certain types of depression are unique to women.
 4. Depression can be treated.
 5. Researchers are focused on women's mental health.



nimh.nih.gov/women

Outpatient clinics may serve children, youth, adults, and older adults. You may visit or call a location for more information.

Call the San Bernardino County Department of Behavioral Health if you have additional questions about accessing these services
(888) 743-1743.

Prematurity Awareness Month

November celebrates National Prematurity Awareness Month. Babies born before the 37th week of pregnancy are considered premature or preterm. The cause of preterm labor is unknown and it can happen unexpectedly. Some long-term health problems that premature babies can have include hearing loss, vision problems, infections, and problems with the intestines. Women with previous preterm births should consult their doctor as early as possible to lessen their risk. Below are some ways to lower your risk:

Get to a
healthy
weight before
pregnancy.

Avoid alcohol,
tobacco, and
drugs.

Get prenatal
care
throughout
pregnancy.

Get treated for
chronic health
conditions.

[Learn more about preterm babies](#)

National Diabetes Awareness Month

Diabetes can lead to many health risks before and during your pregnancy. Poor control of diabetes may lead to chances of congenital defects, stillbirth, and preterm birth. The three main types of diabetes include:

- Type 1 diabetes
- Type 2 diabetes
- Gestational diabetes



For women with type 1 or type 2 diabetes, it is essential to see your doctor. Preconception care provides an opportunity to make a plan before getting pregnant. To manage diabetes during pregnancy, women should carefully monitor their blood sugar, follow a healthy eating plan, and be physically active.



Gestational Diabetes

Gestational diabetes is a type of diabetes that occurs during pregnancy. Women with this type of diabetes can experience many problems if their blood sugar is poorly controlled. These problems include an extra large baby, c-section upon delivery, preeclampsia, and low blood sugar (hypoglycemia).

Some tips to help manage gestational diabetes during pregnancy include:

- Eating healthy foods
- Exercising regularly
- Monitoring your blood sugar
- Consulting with your doctor

[Read more about diabetes during pregnancy.](#)



When is it a good time to get the flu vaccine?

September and October are typically an excellent time to get the flu vaccine. However, getting the flu vaccine after October can still protect you during the peak of flu season. Many doctor's offices, clinics, and local pharmacies offer flu vaccines.



Handwashing Awareness Week December 3–9

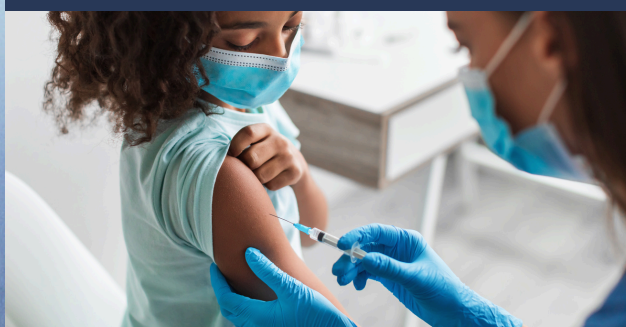
Washing your hands is one of the easiest and most effective ways to fight against the flu. CDC launched a national campaign, "Life is Better with Clean Hands." This campaign aims to motivate each individual to make clean hands a part of their daily routine.

National Influenza Vaccination Week December 4–8

National Influenza Vaccination Week (NIVW) highlights the importance of vaccinating against the flu.

It is recommended that everyone over the age of 6 months should get vaccinated. Millions of children get sick with the flu yearly, which could lead to hospitalization.

[Learn more about the flu vaccine](#)



How to Prevent Flu

- Take time to get the vaccine.
- Cover your coughs and sneezes.
- Wash your hands frequently.
- Disinfect surfaces and objects that may be contaminated.
- If you are sick, take antiviral drugs if your doctor prescribes them.



Influenza Vaccine and Pregnancy

According to the Centers for Disease Control and Prevention, pregnant women and their babies are at an increased risk for flu-related problems. You should know these three facts about flu vaccination, treatment, and pregnancy.



- Pregnant women should receive the flu shot because they experience changes in health, making them more prone to severe illness from the flu.
- Flu vaccination is safe during pregnancy. CDC and the Advisory Committee on Immunization Practices (ACIP) recommend that pregnant women get vaccinated during any trimester of their pregnancy.
- Pregnant women sick with the flu should be treated with antiviral drugs. This will help lessen the symptoms and prevent further health complications.

[Click here to learn more about vaccines and pregnancy.](#)

LOCAL HEALTH CENTERS

Adelanto Health Center
11336 Bartlett Ave., Ste. 11, Adelanto
Monday - Friday, 8 a.m. - 5 p.m.

Ontario Health Center
150 E. Holt Blvd., Ontario
Monday - Friday, 8 a.m. - 5 p.m.

Hesperia Health Center
16453 Bear Valley Rd., Hesperia
Monday - Friday, 8 a.m. - 5 p.m.
Wednesday Only 5 - 8 p.m.
(Primary Care and Reproductive Health Services only)

San Bernardino Health Center
606 E. Mill St., San Bernardino
Monday - Friday, 8 a.m. - 5 p.m.
Monday, 5 - 7 p.m.
(HIV-Specialty Clinic)

**To make an appointment for clinic services above, call 1 (800) 722-4777.
dph.sbcounty.gov/programs/clinics/clinic-locations/.**



Public Health

Family Health Services Section
Quarterly Newsletter is an internal publication for local healthcare providers, and others interested in improving maternal, child, and adolescent health.
For more information about MCAH, please email us at askMCAH@SBcounty.gov or call 1 (800) 227-3034.