Do you have questions?

Call our 24-hour Nurse Advice Line. We are here to help you.



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To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.

Keeping Your Baby Safe

Caring for Your New Baby



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Safety at home

- Set your water heater to 130 degrees or cooler.
- Put baby locks on cabinets.
- Put child safety plugs in all open electrical outlets.
- Keep guns locked and away from your baby.
- Keep knives and matches out of reach.
- Put gates across steps and stairs.
- Lock the doors to balconies and decks.
- Tie cords to window blinds and drapes to keep them out of your baby's reach.
- Ask your provider to test your baby for lead poisoning on or before your baby's second birthday.

Safety in bed

- Put your baby to sleep on his or her back in a crib. A crib provides the safest place for your baby to sleep.
- Keep stuffed toys, loose bedding and blankets away from the crib.

Safety in the car

- Place your baby in a car safety seat every time your baby rides in a car.
- Take your baby out of your car when you run errands or visit friends. Even a few minutes alone in a car can be too long for a baby.

You can **keep your baby safe** wherever you go.

Start by making your home a **safe place** for your baby to grow and learn.

