



## October is Safe Sleep Awareness Month

### Safe Sleep Reminders:

- Infants must be placed on back to sleep position, it's the law
- Infants are considered from birth to 12 months
- Cribs must be void of any blankets, stuffed animals, bumper pads
- Use tight fitting sheets
- Swaddling apparel is not allowed in childcare centers
- Do visual sleep checks at least every 15 minutes and DOCUMENT them
- Monitor temperature in the infant room, should be below 75
- Healthcare professional waivers are the only waivers recommended





2025—2026 Training Calendar Coming Soon....

## CABARRUS TEACHERS ON CALL

Closing the Gap on Teacher Shortage

The Teachers on Call program will provide a pool of substitute teachers who are fully prepared with all of the necessary state requirements to begin work immediately!

**SUBSTITUTES AVAILABLE NOW**

For More Information Please Contact:

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### Important Contacts

NC DCDEE	1-800-859-0829
Debra Pless, RN, CCHC	704-791-0058
Carolin's Poison Center	1-800-222-1222
Melissa Jones, RN, CCHC	704-787-2638
Cabarrus County DHS	704-920-1400
NC Immunization Branch	919-707-5550
Criminal Background Check Unit Line	919-527-6620

