

# Know Your Exposures

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## Take Steps Toward a Healthier Me & Baby-To-Be!

The choices you make before and during pregnancy can make a big difference for you and your baby-to-be. The #KnowYourExposures campaign aims to educate young people about exposures that could affect reproductive health and impact a developing baby. Equipping yourself with information on potentially harmful exposures *now* will help you and your future baby be healthy.

Why does this matter? Because you and your future baby are worth it! Certain exposures in pregnancy can cause birth defects and even long-term developmental or behavioral problems for a baby. Some of these exposures could include certain over-the-counter and prescription medications, infections, toxic chemicals, and recreational drugs. Knowledge is a powerful tool that can help you stay healthy and give your future baby the very best start in life!

### Did You Know?

Of all the substances of abuse—including cocaine, methamphetamine, heroin and marijuana—alcohol produces by far the most serious neurobehavioral effects in a developing baby.

## Who We Are

MotherToBaby California can help you navigate through information regarding mom's exposures — and how they can impact pregnancy health. We're part of the non-profit alliance powered by the Organization of Teratology Information Specialists (OTIS), and we're housed at the University of California, San Diego School of Medicine. We provide free, personalized risk and safety information about medications, vaccines, alcohol, and other exposures to pregnant and breastfeeding moms, and their healthcare providers. Have a question? Use the confidential form to the right to fill out your information so our expert information specialists can assist you!

## Knowledge Is Power! So Ask Us to #KnowYourExposure!



## What's Your Question?

Fill out this form to ask our experts a question.

**Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](https://MotherToBaby.org).**

Disclaimer: MotherToBaby Fact Sheets are meant for general information purposes and should not replace the advice of your health care provider. MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS). *OTIS/MotherToBaby encourages inclusive and person-centered language. While our name still contains a reference to mothers, we are updating our resources with more inclusive terms. Use of the term mother or maternal refers to a person who is pregnant. Use of the term father or paternal refers to a person who contributes sperm.* Copyright by OTIS, June 1, 2018.