

Know Your Exposures

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 bring health risks from exposures to the spotlight for expecting and future moms, so you can have a healthier pregnancy and a healthy baby.

Why does this matter? Because you and your 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 exposure 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!

Get Informed on the Issues

Black women have the lowest rates of first trimester prenatal care and the highest rates of infertility, premature birth, c-section deliveries, infant death, and maternal death.¹ In some cases, the things a woman is exposed to can contribute to these outcomes. So what can you do? Take control of your health, and get the information you need to make the best possible decisions for you and your baby-to-be.

Did You Know?

Several exposures during pregnancy can affect your baby's development. Alcohol is an example of one of these types of exposures that can result in birth defects and harm a baby's brain.

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://www.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 recognizes that not all people identify as "men" or "women." When using the term "mother," we mean the source of the egg and/or uterus and by "father," we mean the source of the sperm, regardless of the person's gender identity.* Copyright by OTIS, April 28, 2018.