

# Free Health Education from MotherToBaby California

## Confidential information about exposures in pregnancy is just one click away!

MotherToBaby California is a FREE information service about exposures during pregnancy and breastfeeding powered by UC San Diego. Our staff are experts at talking to families about medications, diseases, vaccines, and other exposures during pregnancy and breastfeeding. Do you have questions about an exposure or would you like a comprehensive exposure risk assessment? You can **contact our team of experts** including live chat or email. Start a conversation by clicking on the “Get Help” box in the right corner of your screen or click the green button below to email an expert!

### ASK AN EXPERT



## Chat with an Expert

**Trained information specialists will answer your questions for FREE about exposures to medications, substances of use, or maternal health conditions during pregnancy and breastfeeding.**

**Chat live with a specialist Monday to Friday, 8 am – 4 pm PT**

 **CHAT**

Click the Live Chat window in the bottom corner of your screen on [MotherToBaby.org/California](https://MotherToBaby.org/California)

**Send an email.**

 **EMAIL**

Fill out our contact form at [MotherToBaby.org/ask-an-expert](https://MotherToBaby.org/ask-an-expert)

*If you reach us outside of regular hours, a specialist will respond to you during the next business day*

## Partnering with San Diego County Health Programs

We are an official partner of the Perinatal Care Network (PCN), 211 San Diego, LiveWell San Diego, and other community programs of San Diego County Health and Human Services Agency (HHSA).



## Follow Us on Social Media!

**SIGN UP NOW**

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

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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, August 15, 2022.