

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

Send an email.

 **EMAIL** Fill out our contact form at MotherToBaby.org/ask-an-expert

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

Get the Facts

Our MotherToBaby Fact Sheets offer the most current information on exposures in pregnancy and breastfeeding.

[SEARCH](#)

Read Our Blogs

Every person wants to know what's best for their baby. Our experts address today's most pressing exposures.

[GO](#)

Listen to Our Experts

Host Chris Stallman answers your burning questions about exposures during pregnancy and breastfeeding.


[LISTEN](#)

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).



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

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