

Free Health Education from MotherToBaby California

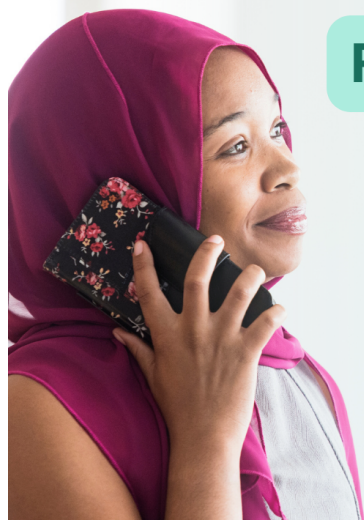
Confidential information about exposures in pregnancy is just one click away!

MotherToBaby California is a FREE information service about exposures during pregnancy and breastfeeding powered by UC San Diego's Department of Pediatrics. Our staff are experts at talking to families about medications, diseases, vaccines, and other exposures during pregnancy and breastfeeding. As an official partner of Planned Parenthood, we look forward to helping you in your pregnancy and breastfeeding journey.

Do you have questions about an exposure or would you like a comprehensive exposure risk assessment? You can contact our team of experts for free through live chat, email, or over the phone. MotherToBaby also offers fact sheets, baby blogs, and podcasts about popular topics related to pregnancy.

Find out more about the ways we can help you during your pregnancy or while breastfeeding!

VISIT MOTHERTOBABY CALIFORNIA



Reach Out to a Counselor



PHONE



CHAT



EMAIL

You can contact our experts for free, confidential information about different exposures in pregnancy and breastfeeding.

We're here Monday through Friday. Call, Chat, or Email!

Phone 866.626.6847 | **Chat** MotherToBaby.org/California | **Email** [MothersToBaby.org/Ask-An-Expert](https://MotherToBaby.org/Ask-An-Expert)



UC San Diego Health

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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 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, October 19, 2022.