

Office of Environmental Health & Safety

## FORM LETTER FOR DECLARING PREGNANCY

This form letter is provided for your convenience. To make your written declaration of pregnancy, you may fill in the blanks in this form letter, you may use a form letter the licensee has provided to you, or you may write your own letter.

DECLARATION OF PREGNANCY

То: \_\_\_\_\_

In accordance with the NRC's regulations at 10CFR 20.1208, "Dose to an Embryo/Fetus, "I am declaring that I am pregnant. I believe I became pregnant on \_\_\_\_\_(MM/YYYY).

I understand the radiation dose to my embryo/fetus during my entire pregnancy will not be allowed to exceed 0.5rem (5millisievert) (unless that dose has already been exceeded between the time of conceptions and submitting this letter.) I also understand that meeting the lower dose limit may require a change in job or job responsibilities during my pregnancy.

Last Name	First Name
Employee ID#	Employer/ P.I.
Phone#	Dept./ Location

Your Signature
Your Printed Name
Date