

## Declaration of Pregnancy

To: Old Dominion University  
Environmental Health and Safety Office  
Spong Hall, suite 2501  
5255 Hampton Blvd.  
Norfolk, VA 23529  
Attention: Radiation Safety Officer

In accordance with US NRC regulations, 10 CFR 20.1208, "Dose to an Embryo / Fetus," I am declaring that I am pregnant. I believe that I became pregnant in \_\_\_\_\_ of \_\_\_\_\_.  
Month Year

I understand that the radiation dose to my embryo / fetus during my entire pregnancy will not be allowed to exceed 0.5 rem (500 mrem or 5 mSv), and that any radiation doses will be kept uniform as possible,  $\leq 0.05$  rem/month (50 mrem or 0.5 Sv). I further understand that meeting the lower dose limit may require a change in job or job responsibilities during my pregnancy.

I have received specific instruction about the risks of radiation exposure to the embryo / fetus, and have reviewed US Nuclear Regulatory Commission, Regulatory Guide 8.13 (1987), "Instruction Concerning Prenatal Radiation Exposure." Furthermore I understand that I may bring any questions or concerns about this Program, or any other radiation safety issues to Old Dominion University's Radiation Safety Officer and / or my Supervisor.

I understand that I will advise Old Dominion University's Radiation Safety Officer and / or my Supervisor when I am no longer pregnant.

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Signature

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Printed Name

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Date