

**Old Dominion University
Environmental Health and Safety Office
Hughes Hall
Norfolk, VA 23529
(757) 683-4495**

Declaration of Pregnancy

To: Old Dominion University
Environmental Health and Safety Office
Hughes Hall
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, ≤ 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.

Signature

Printed Name

Date