

University of California San Francisco

Form Letter for Declaring Pregnancy

This form letter is being provided for your convenience. To make your own declaration of pregnancy, you may fill in the blanks in this form letter or you may write your own letter

To: Dosimetry Coordinator, Box 0942

USCF Office of Environment, Health and Safety

In accordance with the Nuclear Regulatory Commission's (NRC) regulations at 10 CFR 20.1208, 'Dose to an Embryo/Fetus', I am declaring that I am pregnant. I believe I became pregnant in _____ **(month and year only need be provided).**

I understand the radiation dose to my embryo/fetus during my entire pregnancy will not be allowed to exceed 0.5 rem (5 milliSievert), (unless that dose has already been exceeded between the time of conception 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.

Your Signature _____

Your Printed Name _____ Your Email _____

Today's Date _____ Your Phone Number _____

EH&S Use Only

Health Physicist Specialist _____ Date First Contact _____

Radiation Exposure _____

Documentation of Education

Information Provided Email Contact Date _____

NRC Guide 8.13 Pregnancy Declaration or None Fetal Badge Request UCSF EH&S Link

NIOSH Document _____ _____ _____