



Delaware Sample Letter for Declaring Pregnancy
(Please print legibly all entries)

CONFIDENTIAL HEALTH INFORMATION

DATE: (Specify Date)

TO: Radiation Safety Officer
(Your Employer Facility Name)

(Your Employer Facility Address)

FROM: (Your Name)

(Your Department)

(Your Inter-Office Mailing Address)

(Your Work Phone No.)

SUBJECT: Declaration of Pregnancy

In accordance with Delaware Administrative Code 4465, Delaware Radiation Control Regulations Sec.D.12.0 "Dose equivalent to an Embryo/Fetus", I am declaring that I am (or suspect I am) pregnant.

I believe that I became pregnant in the month of (specify month) of (specify year)

I understand that the radiation dose to my embryo/fetus during my entire pregnancy will not be allowed to exceed 5 millisievert (0.5 rem, or 500 millirems) unless that dose has already been exceeded between the time of conception and the submission of this letter. I understand that meeting the lower dose limit may require a change in job or job responsibilities during my pregnancy. I also understand that this declaration and my dose history will be reviewed by the Radiation Safety Officer and/or their staff and that the recommended or required changes in my job or job responsibilities during my pregnancy may result from that review. Finally, I understand that I may un-declare my pregnancy at any time by informing the Radiation Safety Officer in writing.

Employee Signature Employee Printed Name Date

Employer Representative Signature Employer Representative Printed Name Date