

## POTASSIUM IODIDE (KI) FACT SHEET

- ❖ Taking Potassium Iodide pill during a nuclear emergency is voluntary.
- ❖ It is only a secondary step of protection from radiation.
- ❖ **Evacuation/sheltering** is the best choice or primary choice of protection.
- ❖ KI is found in table salt.
- ❖ It can help prevent thyroid disease if taken within several hours of exposure to radiation released into the air by a nuclear plant.
- ❖ KI cannot protect any other parts of your body from radiation.

### DO NOT TAKE KI IF:

- ❖ You are allergic to **iodine** or **shellfish**.
- ❖ You are taking medications for any thyroid related problems.
- ❖ You have a rare skin condition called **Dermatitis herpetiformis**.
- ❖ You have a rare autoimmune condition called **hypocomplementemic vasculitis**
- ❖ You have other serious health problems consult your doctor before you take the KI pill.

### WHO CAN TAKE THE PILL?

- ❖ Babies from birth and children who are healthy.
- ❖ Adults
- ❖ Pregnant and nursing women with no pregnancy related problems.

### WHEN DO YOU TAKE THE PILL?

- ❖ Take the pill only when a public health official tells you to do so through a public health alert announcement.
- ❖ Only take FDA recommended dosage (amount). This is good for twenty-four (24) hours.
- ❖ Look at the Dosage chart with this fact sheet. Taking more of the recommended dosage will not help, because the thyroid can “hold” only a small amount of iodine.



### POSSIBLE MINOR SIDE EFFECTS ARE:

Skin rashes	Burning mouth	Headaches
Sore teeth/gums	Diarrhea	Upset stomach
Swelling of the salivary glands	Metallic taste	






**Adult KI Pills (130 mg tablets):**

FDA recommended Adult Dosages

<b>Risk Group (Age)</b>	<b>Dose (milligrams)</b>	<b># of 130 mg tablets</b>	<b>How much of the tablet to take</b>
Over 18 years old	130 mg	1	
Adolescents 12-18 years old weighing 150lbs (70kg) or over	130 mg	1	

**Pediatric (Children's ) KI Pills (65 mg tablets):**

FDA recommended Children's Dosages

<b>Risk Group (Age)</b>	<b>Dose (milligrams)</b>	<b># of 65 mg tablets</b>	<b>How much of the tablet to take</b>
Children over 3 years old to 18 years old weighing less than 150lbs (70kg)	65 mg	1	
Children over 1 month through 3 years old	32 mg	½	
Birth through 1 month old	16 mg	1/4	

KI pills should be stored in a safe place not easily reach by children at home and in at room temperature.

**Call your doctor or go to the nearest hospital if you have a severe reaction or side effect to the KI pill.**

