



About KI (Potassium Iodide)

Does this information apply to me?

This information is for you if you live or work within 10 miles of a nuclear power plant in Michigan.



Why is the State of Michigan providing free KI?

The State of Michigan has recently received a free supply of KI from the Nuclear Regulatory Commission (NRC). The State is making it available at no cost to people living or working near Michigan's nuclear power plants.

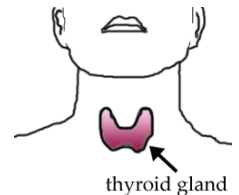
What is KI?

KI (the chemical name for the drug "potassium iodide") is a non-prescription iodine pill. Iodine is an element that is found in nature and is also an important part of your diet. Because iodine is so important for your health, it is added to table salt. However, the iodine in the KI pill is much stronger than the iodine in table salt. Table salt cannot be used as a replacement for KI.

How does KI work?

In the unlikely event of a serious accident at a nuclear power plant, one form of radiation, radioactive iodine, could be released into the air. This type of radiation can be stored in your thyroid gland. This can cause thyroid cancer or other thyroid problems over time. Children are most at risk of thyroid injury from exposure to radioactive iodine. KI protects your thyroid by filling it up with a safe form of iodine so that it can't take in radioactive iodine.

Keeping your thyroid gland healthy is important because it produces hormones that manage your heart rate, blood pressure, temperature and other essential body functions. It is important for you to know that KI *does not* protect your whole body from radioactive material. KI only protects your thyroid gland.



How can I get KI?

You will receive a voucher in the mail on or near October 1, 2009. Take the voucher to one of the participating pharmacies listed on the voucher. The pharmacy will provide you with the amount of KI that you need. Place it in safe, dry location and keep it in the foil packet. You should keep it on hand as part of your emergency supply kit. Be sure to get your KI now. You will not be able to get it from the pharmacy during a nuclear power plant emergency.

When should I take KI?







Take KI only if a "General Emergency" has been declared at the nuclear power plant near you.

If the emergency sirens sound for three minutes or more, tune to your local radio or television station. Follow the instructions given by emergency officials. You may be instructed to shelter in place or evacuate. You should only take KI if the radio or TV announcements say that the power plant has declared a "General Emergency", the most serious type of plant emergency. If you are told to evacuate and don't have your KI readily available, don't waste time searching for it. Evacuate according to instructions from emergency officials. Evacuation is the best way to protect yourself from harm due to radiation.

How much KI should I take?

One dose protects the thyroid for 24 hours. You should be safely evacuated within the 24 hour time period. Taking more than the recommended dose will not help you and may increase the risk of side effects. Ask the pharmacist for the fact sheet with crushing and mixing instructions.

Use the information in this chart to take the correct amount for one dose.

• Adults over 18 years of any weight including pregnant or breastfeeding women should take two 65 mg tablets	
• Children over 12 years to 18 years who <u>weigh at least 150 pounds</u> should take two 65 mg tablets.	
• Children over 12 to 18 years who <u>weigh less than 150 pounds</u> should take one 65 mg tablet.	
• Children over 3 years to 12 years should take one 65 mg tablet.	
• Children over 1 month to 3 years should take 1/2 of a 65 mg tablet, crushed into liquid. (Instructions for crushing and mixing will be provided by the pharmacy.)	
• Babies at birth to 1 month should be given 1/4 of a 65 mg tablet, crushed into liquid. (Instructions for crushing and mixing will be provided by the pharmacy.)	
Note! Newborn babies (less than one month old) that have been given KI should have their thyroid levels checked by a doctor very soon after taking KI. Their thyroid levels could drop too low and cause serious health problems.	
Note! Pregnant and breastfeeding women should never take more than one dose. Call your doctor's office as soon as possible after taking KI to let them know that you've taken it.	

What side effects could I have from taking KI?

KI can cause minor side effects. You could have an upset stomach or swelling in your mouth. If you have a serious reaction such as fever, joint pain, swelling of the face or body or trouble breathing, **get medical help right away!**

Who should NOT take KI?

You should not take KI if:

- You are allergic to iodine. A shellfish allergy may not mean that you are allergic to iodine. Talk to your physician or allergist if you have a shellfish allergy and are unsure if you should take KI.
- You have dermatitis herpetiformis (DH) or hypocomplementemic urticarial vasculitis syndrome (HUVS), very rare skin conditions.

Check with your doctor if:

- You already have a thyroid condition.
- You are unsure whether or not to take KI.

How does this program apply to businesses?

Businesses can obtain KI for their employees, clients or patients. Businesses with more than 200 employees/clients/patients should call or e-mail MDCH to arrange for delivery of KI. If your business chooses to participate in the program, it is responsible for having a dispensing plan that complies with these instructions. If your business chooses not to participate, you can provide a copy of this mailing to your employees to obtain their personal supply of KI at one of the designated pharmacies.

For more information, call the Michigan Department of Community Health at 1-800-648-6942 between 8:00 a.m. and 5:00 p.m., send an e-mail to MDCH-KI@michigan.gov or go to our website, www.michigan.gov/KI.