



## Potassium Iodide (KI) Fact Sheet and Voucher



### Does this information apply to me?

This information is for you if you live or work within 10 miles of one of Michigan's three nuclear power plants.

### Why is the State of Michigan providing free KI?

The State of Michigan 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.

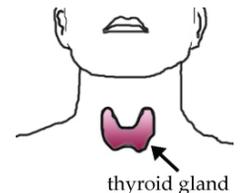
### What is KI?

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 in place of KI pills.

### How does KI work?

In the unlikely event of a serious accident at a nuclear power plant, radioactive iodine could be released into the air. Like regular iodine, radioactive iodine 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?

Take the voucher below to one of the participating pharmacies listed on this fact sheet. The pharmacy will give you the amount of KI that you need. Place the KI in a 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. Evacuating or sheltering-in-place is the best way to protect you 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.

**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.)	
<b>Note!</b> Babies less than one month old who have been given KI should have their thyroid levels checked by a doctor as soon as possible. Their thyroid levels could become low, causing serious health problems.	
<b>Note!</b> 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?**

Side effects are unlikely when KI is used at the recommended dose and for a short time. Minor side effects can include an upset stomach, skin rash, or a metallic taste. An allergic reaction can have more serious symptoms like fever, joint pain, swelling of the face or body, or trouble breathing. Severe shortness of breath requires immediate *medical attention!*

**Who should NOT take KI?**

- Persons with known iodine sensitivity should avoid KI, as should individuals with nodular thyroid with heart disease, dermatitis herpetiformis, or hypocomplementemic vasculitis.
- Individuals with multinodular goiter, Graves' disease, autoimmune thyroiditis, and persons with seafood or shellfish allergies should consult with a healthcare provider prior to taking 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 fact sheet and voucher 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 517-335-8350 between 8:00 a.m. and 5:00 p.m., send an e-mail to [MDCH-KI@michigan.gov](mailto:MDCH-KI@michigan.gov) or go to our website, [www.michigan.gov/KI](http://www.michigan.gov/KI).

**Participating Pharmacies**

**Fermi Plant**

**Kroger Pharmacies:**

850 S. Monroe St, Monroe MI  
 3833 N. Dixie Hwy, Monroe MI  
 20645 Gibraltar Rd, Brownstown MI  
 23849 West Rd, Brownstown MI

**Meijer Pharmacies:**

1700 N Telegraph Rd, Monroe MI  
 22600 Allen Rd, Woodhaven MI

**Palisades and Cook plants:**

**Meijer Pharmacies**

1920 Pipestone Rd, Benton Harbor, MI  
 1223 Phoenix St, South Haven, MI  
 5019 Red Arrow Hwy, Stevensville, MI  
 5150 S. Franklin St, Michigan City, IN

# Potassium Iodide (KI) Voucher

*To get KI, fill out this form and take it to one of the participating pharmacies. You must live or work within 10 miles of one of Michigan's three nuclear power plant, be 18 years or older, and provide government-issued photo ID.*

**Read this information before signing the voucher. Signing the form means that you understand and agree to the following:**

*I understand that:*

- KI is an over-the-counter, non-prescription drug.
- KI is to be taken only when a General Emergency has been declared at the nuclear power plant.
- KI is NOT a substitute for evacuation or sheltering-in-place.
- KI only protects the thyroid gland from radioactive iodine. It does not protect the rest of the body. In a nuclear power plant emergency, there could be health risks from other forms of radiation.
- Although taking KI is usually safe, it can cause problems in people who have thyroid disease, are allergic to iodine, or have dermatitis herpetiformis or hypocomplementemic urticaria vasculitis (HUVS), two very rare skin diseases. If I have any of these conditions, I will talk to my doctor before I take KI.
- This KI program is run by the Michigan Department of Community Health. If I have questions I can call 517-335-8350 or send an e-mail to [mdch-ki@michigan.gov](mailto:mdch-ki@michigan.gov).

*I agree that:*

- I have read the potassium iodide (KI) fact sheet and will follow all instructions on how to use KI.
- I will follow the instructions of emergency officials.
- I will hold the pharmacy harmless from all liability, claims, suits, or actions related to the use, delivery, labeling, and packaging of KI.

-----Additional information for businesses-----

- I own or represent the named business/institution.
- This business/institution will provide information on dosing and medical contraindications to all employees/clients prior to distributing KI. This information is provided in each box of KI and on the MDCH website at [www.michigan.gov/ki](http://www.michigan.gov/ki).

**By signing this form I agree that I have read the information provided on the fact sheets above and that I am obtaining KI for people who live or work within 10 miles of a nuclear power plant.  
(Complete 1 OR 2)**

**1. For a household:**

Your name: \_\_\_\_\_ Telephone: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
County: \_\_\_\_\_ Number of people living in your home: \_\_\_\_\_ Ages: \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**2. For a business:**

Name of business: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Contact name: \_\_\_\_\_ Telephone: \_\_\_\_\_  
Number of employees/patients/residents/clients: \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

PHARMACY USE ONLY			
<b># of boxes dispensed:</b>	<b>Lot #:</b>	<b>Date Dispensed:</b>	
<b>Pharmacy name:</b>	<b>Pharmacy #:</b>	<b>City:</b>	