

**Chart A: Standard Daily Dose of KI**

Age	Liquid Dose (Commercial)	KI Dose (total mg)
Birth - 1 month	0.3 ml	16 mg
>1 month - 3 yrs	0.5 ml	32 mg
3 - 12 yrs	1 ml	65 mg
13 - 18 yrs <150 lbs or 68 kgs	1 ml	65 mg
Adolescents/Adults ≥150 lbs or 68kgs pregnant/breast-feeding women	NA	130 mg (2-65 mg tablets)

Standard doses for commercial product.

**Chart B: KI Solution Dosing**

Age	Daily Dose of KI Solution	Metric (ml) Conversion
Birth - 1 month	1 tsp	5 ml
>1 month - 3 years	2 tsp	10 ml
3 - 12 years	4 tsp	20 ml
13 - 18 years <150 lbs or 68 kgs	4 tsp	20 ml
13 - 18 years ≥150 lbs or 68 kgs	8 tsp	40 ml
> 18 years	8 tsp	40 ml

Mix concentration 3.25mg/ml. Single dose should not exceed 8 tsp or 40ml.

Rev. 12/2018

**How to Make KI Solution**

Follow these simple directions to make Potassium Iodide (“KI”) solution:

**Step 1: Soften the KI tablets**

Put two 65 mg KI tablets (130 mg total) into a small bowl. Add four teaspoons (or 20ml) of water. Soak the tablets for one minute.

**Step 2: Crush the softened KI tablets**

Use the back of the teaspoon to crush the tablets in the water. At the end of this step, there should not be any large pieces of KI. This makes the KI and water mixture.

**Step 3: Add a drink to the mixture**

Mix four teaspoons (or 20ml) of either milk, juice, water, soda or infant formula with the KI and water mixture made in Step 2. Adding this additional liquid makes the final KI solution.

**Step 4: Give the right amount**

Administer the final KI solution using **Chart B**.

**How to Store KI Solution**

Keep any extra KI solution mixed in Step 3 in the refrigerator. Use or discard within seven days.

**Potassium  
Iodide (KI)**

**for a  
Radioactive  
Emergency**

### **What is Potassium Iodide (KI)?**

Potassium Iodide is a simple mineral salt that can help prevent thyroid cancer in the event there is a nuclear accident that releases radioactive iodine. KI does not protect any part of the body other than the thyroid.

### **Why is there interest in KI today?**

Nuclear power plant accidents may release radioactive iodine and other radioactive substances. Taking KI may help protect you from absorbing radioactive iodine into your thyroid. The best action in an emergency is to carefully listen to and follow directions from public officials. Public officials will use Emergency Alert System (EAS) Radio and Television stations, press releases and news briefings to broadcast important instructions and information. This can include directions to take KI; to evacuate a particular area; to shelter in place if you cannot evacuate; or to take no action. You should stay tuned for more information and updates. If ordered to evacuate, you should not delay evacuation while trying to locate or purchase KI.

### **How effective is the use of KI?**

KI is most effective when taken within two to four hours of an exposure to radioactive iodine. It is less effective when taken earlier or later than that. KI “floods” the thyroid with “good iodine,” to block absorption of any radioactive iodine. This may reduce the risk of thyroid cancer in individuals who breathe or swallow radioactive iodine.

### **Is KI safe for everybody?**

Most people who take one dose of KI will have no side effects. More doses of KI are only needed if a person has not been able to evacuate after 24 hours and officials inform that there is still concern of ongoing radioactive iodine exposure. People who have iodine sensitivity should contact their doctor before taking KI. People with thyroid disorders should consult their physician and be treated cautiously, especially if taking KI for more than a few days. Pregnant women should be given KI for their own protection and for that of the fetus only if exposure to radioactive iodine is imminent. Pregnant women or women who are breastfeeding should avoid taking more than one dose of KI.

### **How will I know if I should take KI in an emergency?**

Taking KI is only recommended in emergencies during which the public is likely to be exposed to radioactive iodine. State and County health department officials will monitor the radiation emergency and will notify the public to take KI if necessary. Instructions to take additional doses or to stop taking KI will be widely publicized as well. The Westchester County Department of Health will make public announcements, notify the media, and broadcast emergency alert system messages. Information will also be posted on the department’s website at <http://health.westchestergov.com/>.

### **Where is KI available?**

Free KI is available for people who live in the 10-mile radius of Indian Point, at their local City, Town and Village Halls. KI is also available over the counter in many pharmacies and it can be purchased on the internet or in retail outlets without a prescription. If reception centers are activated during a radiation emergency, these centers will also provide KI. However, evacuation should not be delayed while trying to locate or purchase KI.

### **What are the recommended doses of KI?**

Consult the package label/insert for the correct dose for you and your family members. Never take KI until officials recommend doing so, and never take more doses or more often than directed. Taking more KI does not offer better protection and may result in a greater chance of side effects. KI is available commercially in 65 mg tablets and also in liquid form (65 mg/ml). The recommended lowest effective doses of KI can be found in **Chart A** on the back panel of this brochure.

### **What if I or someone I am responsible for cannot swallow the 65 mg tablets?**

Liquid KI has been distributed to special facilities, General Public Reception Centers, and to the public (upon request). If liquid KI is not available, please follow the instructions for making KI solution on the next panel of this brochure.