**To Make Potassium Iodide ("KI") Solution**

**You Will Need:**
- Two 65 mg KI tablets (130 mg total)
- A teaspoon (or metric liquid measuring device)
- Small bowl
- 4 teaspoons (20ml) of water
- 4 teaspoons (20ml) of a drink (Any one of the following: milk, juice, soda, infant formula, or water)

**Directions for Making the Potassium Iodide ("KI") Solution:**

- **Step 1. Soften the KI tablets:**
  - Put two (2) 65 mg KI tablets (130 mg total) into a small bowl. Add 4 teaspoons (or 20ml) of water. Soak the tablets for one (1) 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 KI and water mixture:**
  - Choose a drink from the list above. Mix 4 teaspoons (or 20ml) of the desired drink with the KI and water mixture made in Step 2. Adding the desired drink makes the final KI solution.

- **Step 4. Give the right amount of the final KI solution, using the chart below.**

**How Much of the Final Potassium Iodide ("KI") Solution to Give Each Day**

The chart below tells you how many teaspoons of the final KI solution to give each day. The amount is based on the person’s age. Give this amount when initially directed to do so, and continue to monitor public information sources (radio, television, etc.) for further instructions from emergency officials and/or public health officials.

<table>
<thead>
<tr>
<th>Age</th>
<th>Once Daily Dose of KI Solution</th>
<th>Milliliters (ml) Conversion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth to 1 month</td>
<td>1 teaspoon</td>
<td>5ml</td>
</tr>
<tr>
<td>Older than 1 month to 3 years</td>
<td>2 teaspoons</td>
<td>10ml</td>
</tr>
<tr>
<td>4 to 12 years</td>
<td>4 teaspoons</td>
<td>20ml</td>
</tr>
<tr>
<td>13-18 yrs (&lt;150lbs or 68kgs)</td>
<td>4 teaspoons</td>
<td>20ml</td>
</tr>
<tr>
<td>13-18 yrs (&gt;150lbs or 68kgs)</td>
<td>8 teaspoons</td>
<td>40ml</td>
</tr>
<tr>
<td>&gt;18 yrs</td>
<td>8 teaspoons</td>
<td>40ml</td>
</tr>
</tbody>
</table>

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

**Storing Any Extra Prepared Potassium Iodide ("KI") Solution:**

Store any extra final KI solution mixed in Step 3 in a refrigerator. Any extra KI solution can be used another day. After 7 days, throw out any unused KI solution.