

HOW POTASSIUM IODIDE (KI) WORKS

How does KI work?

The thyroid gland cannot tell the difference between non-radioactive and radioactive iodine. It will absorb both kinds.

When an adult takes KI (2 pills of 65 mg each), the thyroid becomes "full" and cannot absorb any more iodine neither stable nor radioactive for the next 24 hours.

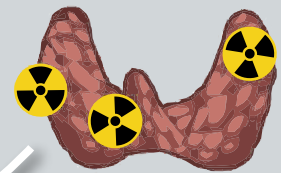
The dosage of potassium iodide according to the age:

Adults and children above the age of 12 years	2 pills
Children from 3 to 12 years	1 pill
Babies from 1 month to 3 years old	half a pill
Newborns up to 1 month	a quarter of a pill

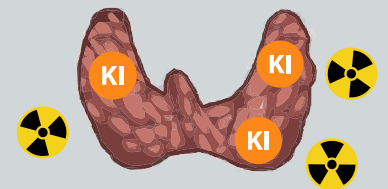
KI is a pill or liquid that can be used in radiation emergencies that involve radioactive iodine. KI contains non-radioactive iodine. Non-radioactive iodine helps to prevent radioactive iodine from being absorbed by the thyroid gland.



Without KI



With KI



KI does not keep radioactive iodine from entering the body and cannot reverse the health effects caused by radioactive iodine once the thyroid gland is damaged.



Do not use table salt or food as a substitute for KI. Table salt and foods rich in iodine do not contain enough iodine to block radioactive iodine from getting into your thyroid gland. Too much table salt can be harmful.



Do not use dietary supplements that contain iodine in place of KI. Only use KI products that have been approved by the Ministry of Health of The Republic of Lithuania.



The optimal period of administration of stable iodine is less than 24 hours prior to, and up to 2 hours after, the expected onset of exposure. It would still be reasonable to take KI pills up to 8 hours after the estimated onset of exposure.

KI tablets shall be used only when recommended by the Ministry of Health of the Republic of Lithuania.

Prepared by the Fire and Rescue Department under the Ministry of the Interior of the Republic of Lithuania and Radiation Protection Center on the basis of information from U.S. Department of Health and Human Services Centers for Disease Control and Prevention