

## Iodine tablets in the event of a nuclear accident - for schools and kindergartens

The City of Bergen has distributed iodine tablets to schools and kindergartens for children and adolescents from the age of 0-18, which will be issued if an event occurs whilst they are at school/kindergarten.

### The population is also recommended to take iodine tablets at home:

Are you under the age of 40, pregnant, breastfeeding or have children living at home? If so, we recommend you have iodine tablets in your home. The tablets can provide protection against radioactive iodine in the event of a nuclear accident, but shall only be taken under the direction of the authorities. The tablets can be purchased at pharmacies.

### Why take iodine tablets?

Should a nuclear accident occur, radioactive iodine can spread through the air and be absorbed by the thyroid gland after breathing in the polluted air and/or consuming polluted food and beverages. Iodine tablets block the absorption of radioactive iodine in the thyroid gland and reduce the risk of thyroid cancer. Iodine tablets only give protection against radioactive iodine not any other radioactive substances. Instructions about taking the tablets will often be given at the same time as the recommendation to stay indoors for up to two days. It is therefore important to store the tablets where you are, i.e., both at school/kindergarten and at home.

### When should the tablets be taken?

The tablets must only be taken following the recommendations of the authorities. In the event of a nuclear accident, instructions will be given via the media, relevant authorities and [www.dsa.no](http://www.dsa.no).

### Who should take iodine tablets?

It is particularly important for children and adolescents under the age of 18, pregnant women and those who are breastfeeding to take the tablets, as they are at higher risk of developing thyroid cancer after exposure to radioactive iodine. In very special situations, it may also be necessary for adults between the age of 18 and 40 to take tablets, whilst those over the age of 40 have little risk of developing thyroid cancer, and therefore do not need to take iodine tablets. The authorities will give more advice about which groups in the population should take the tablets if a nuclear accident occurs.

Iodine tablets for a nuclear accident must not be confused with dietary iodine supplements. If you need daily iodine supplements, e.g., during pregnancy, you can ask at a pharmacy.

**Keep this information sheet with Jodix and potassium iodide tablets.**

**Kindergartens must also have 5 ml syringes to administer doses to the youngest children.**

## Doses:

### Doses for Jodix (130 mg)

**Children aged 3-12:** one tablet

**Children over the age of 12 and adults:** two tablets

The tablet(s) can be chewed or swallowed whole.

With continuous emissions, an additional dose can be taken within 48 hours.

### Side effects of iodine tablets

As with all medicines, potassium iodine may cause side effects. Side effects rarely develop after a single dose of potassium iodide if the warnings and precautions are followed. The side effect rate is extremely low for all age groups. Metabolic disorders and allergic reactions have occurred. Persons who already had a thyroid disease are most at risk of side effects.

### Do not take iodine tablets:

- if you are allergic to potassium iodide or any other ingredient in the medicine (listed on the package insert)
- if you have an inflamed thyroid gland (thyroiditis)
- if you have a thyroid gland function disease
- if you have dermatitis herpetiformis (Duhring's disease)

NB! Iodine tablets are extremely stable and continue to be fully effective even when they have expired. The Norwegian Directorate of Health tests their efficacy annually, and tablets marked 2007 were tested as late as in 2021 and were equally as good.

NB! Please note the differing doses on the iodine tablets purchased from pharmacies and iodine tablets distributed by the City of Bergen.

Jodix, 130 mg iodine tablets from pharmacies are twice as strong as potassium iodide tablets, Kaliumjodid Recip, 65 mg distributed by the City of Bergen to schools and kindergartens.