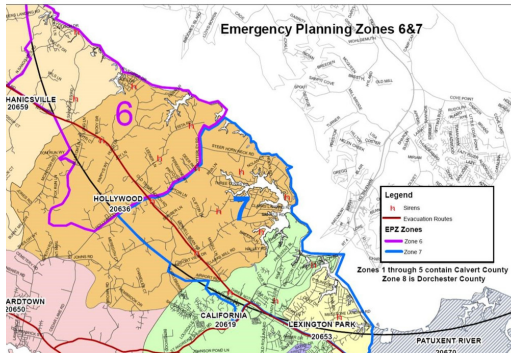


Be Prepared

St. Mary's County residents living or working within the 10 mile emergency protection zone (EPZ) of the Calvert Cliffs Nuclear Power Plant should have KI on hand in case of an emergency.



The St. Mary's County Health Department routinely distributes KI tablets to these residents.


Learn more at [SMCHD.ORG/KI](https://www.smchd.org/ki)

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 (301) 475-4330

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 [smchd.org/ki](https://www.smchd.org/ki)



Potassium Iodide (KI)



ST. MARY'S COUNTY
HEALTH DEPARTMENT

[SMCHD.ORG/KI](https://www.smchd.org/ki)

What is Potassium Iodide (KI)?

Potassium Iodide, also known as KI, is a substance that is found naturally in the human body. It is available in a tablet form, over the counter, and without a prescription.

When do you take KI?

People should only take KI (potassium iodide) when instructed to by public health or emergency management officials during an emergency incident.

Why do you take KI?

The thyroid gland cannot tell the difference between stable and radioactive iodine and will absorb both.

Taking KI during a radiation emergency will saturate the thyroid with stable (non-radioactive) iodine. The gland becomes 'full' and cannot absorb any more iodine, either stable or radioactive, for the next 24 hours. This prevents the thyroid from absorbing radioactive iodine during an emergency.

Iodized table salt also contains iodine, but not enough to block radioactive iodine from getting into your thyroid gland. You should not use table salt as a substitute for KI.



Radiation Emergency

How will I know when to take my KI?

If there is an emergency incident, emergency sirens will sound and guidance for the community will be issued by St. Mary's County Government and the St. Mary's County Health Department through the:

- CodeRED Emergency Notification System
- Local news outlets
- Radio stations
- Social media

Guidance will include protective measures (e.g., evacuation, shelter in place, take KI, etc.) and instructions for the areas impacted by the emergency.

Evacuation is the most effective protective measure in the event of a radiation emergency because leaving the area where radiation is present prevents exposure.

Do not take KI unless it is recommended by public health or emergency management officials.

Sign Up for CodeRED Emergency Notices at:

stmarysmd.com/emergencycodered

How to Take KI

KI is taken by mouth. Take one dose when directed by public health or emergency officials. Take another dose 24 hours later.

Tablets can be crushed and added to apple sauce or juice.

Pregnant/breastfeeding mothers should take the adult dosage.

Age Group (one dose)	Number of tablets (65 mg)
Adults (18+) and children age 12-18 (over 150 lbs.)	2
Children age 12-18 (under 150 lbs.) and age 3-11	1
Children age 1 month-2 years	1/2
Newborns (birth-1 month)	1/4

KI SHOULD NOT BE USED BY PEOPLE ALLERGIC TO IODINE.

**If you experience negative side effects after taking KI, call your health care provider.*