

Taking iodine tablets in the event of a nuclear accident

Keep this information sheet with your iodine tablets

Under 40 years of age, pregnant, breast-feeding or having children at home? If so, we recommend that you store iodine tablets at home. These tablets can provide protection against radioactive iodine in the event of a nuclear accident and should only be taken on the advice of the public authorities.

Why should I take iodine tablets?

In the event of a nuclear accident, radioactive iodine can be dispersed in the air and absorbed by the thyroid gland when inhaling contaminated air and/or ingesting contaminated food and drinks. Natural iodine from iodine tablets will block the absorption of radioactive iodine by the thyroid gland and reduce the risk of you contracting cancer of the thyroid gland. Iodine tablets only provide protection against radioactive iodine and not against other radioactive substances.

The advise to take the tablets will often be accompanied by an advice to stay indoors for up to two days. It is therefore important that you store tablets at home.

When should I take the tablets?

You should only take the tablets on the advice of the public authorities. In the event of a nuclear accident, advice will be given via the media, relevant public authorities and www.stralevernet.no (new address from 1 January 2019: www.dsa.no) and www.helsenorge.no.

Who should take iodine tablets?

It is particularly important that children and adolescents under 18 years of age and pregnant and breast-feeding women take the tablets because they are at greatest risk of contracting thyroid cancer after being exposed to radioactive iodine. In special circumstances, it may also be appropriate for adults aged 18 to 40 to take the tablets. People over 40 are at very little risk of contracting thyroid cancer and do not need to take iodine tablets. Anyone who has had their thyroid gland removed need not take iodine tablets either.

The public authorities will provide more detailed advice on which population groups should take the tablets in the event of a nuclear accident and when.

How many should I take of Jodix?

Follow the dose stated on the Jodix package and in the patient information leaflet and follow the advice provided by the public authorities.

Children under three years of age should follow this dosage:

1. Place one tablet in a glass.
2. Pour 20ml of water or milk into the glass. Use a syringe to measure out the liquid. Stir until the tablet has dissolved.

Children under one month: Draw out 2.5ml of the solution using a syringe and give to the child (equivalent to one eighth of a tablet (16.25 mg)).

Children aged one month–three years: Draw out 5ml of the solution using a syringe and give to the child (equivalent to a quarter of a tablet (32.5 mg)).

3. To ensure that the child receives the full dose, rinse the syringe out with fresh water or milk afterwards. Give the water or milk that was used to rinse the syringe to the child.
4. Give the child plenty to drink afterwards.

Equipment you will need: dosing syringes (2.5ml and 20ml). These syringes are available from pharmacies.

Important: Newborn babies (0–1 month) who take iodine and/or are breastfed by a mother who has taken iodine must be monitored by a GP in consultation with a paediatrician. Blood samples should be taken from the baby 7–10 days after ingestion. You should therefore consult the child's GP as soon as possible.

Do not take iodine tablets:

- If you are allergic to potassium iodine or any of the other ingredients in the medication (listed in the patient information leaflet).
- If you have inflammation of the thyroid gland (thyroiditis)
- If you have any disorders of the thyroid gland
- If you have dermatitis herpetiformis (Duhring's disease)



Do you have questions concerning iodine tablets?

Call Helsenerge on 815 55 015



For more information on iodine tablets, see www.stralevernet.no (new address from 1.1.2019: www.dsa.no) and www.helsenerge.no