

# IN THE CASE OF A SEVERE NUCLEAR ACCIDENT RADIOACTIVE IODINE MAY BE RELEASED INTO THE ENVIRONMENT.

Radioactive iodine do harm to your health, especially children are at risk.

Iodine tablets (potassium iodide) prevent radioactive iodine from being absorbed and stored in your thyroid.

For further information:  
[www.jodblockade.de](http://www.jodblockade.de)

This leaflet is based on the recommendation of the German Commission on Radiological Protection „Verwendung von Jodtabletten zur Jodblockade der Schilddrüse bei einem kerntechnischen Unfall“ of 24./25. February 2011 (Jodmerkblätter).

## IMPRINT

**Editor:** Federal Ministry for the Environment, Nature Conservation and Nuclear Safety (BMU)  
Division S II 5, P.O.Box 12 06 29, D-53048 Bonn  
e-mail: [SI15@bmu.bund.de](mailto:SI15@bmu.bund.de) | Internet: [www.bmu.de](http://www.bmu.de)  
**Editing:** BMUB, S II 5  
**Layout:** :response (Gudrun Barth)  
**Photos:** Jan Willem Geertsma (sxc.hu), :response  
**Date:** June 2018



Federal Ministry  
for the Environment, Nature Conservation  
and Nuclear Safety



# INTAKE OF IODINE TABLETS

as protective measure in the event of  
a severe accident in a nuclear power  
plant

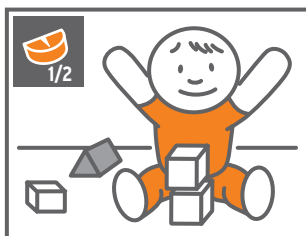
- information leaflet

## MAKE SURE THAT YOU TAKE THE CORRECT DOSAGE

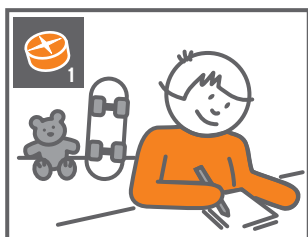
The dosage is dependent on a person's age:



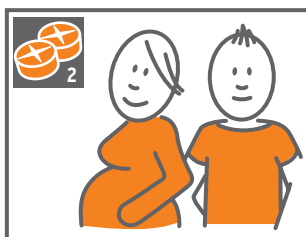
up to 1 month



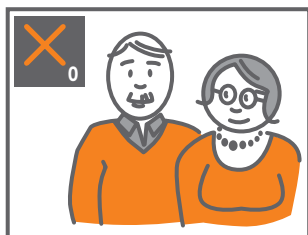
from 1 month to 3 years



from 3 to 12 years



from 12 to 45 years and pregnant women

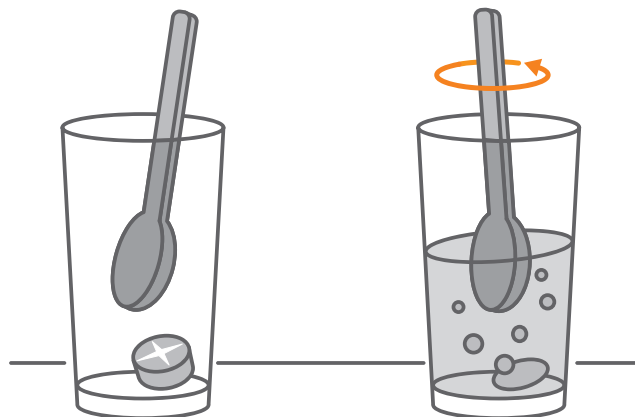


45 years or older

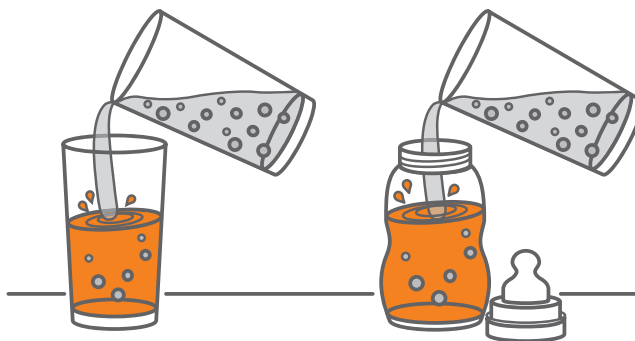
The risk of metabolism dysfunctions in thyroids increases with age. This so-called functional autonomy increases the risk of the iodine tablets' side effects. Additionally, as people get older the risk of developing thyroid cancer caused by ionizing radiation decreases considerably.

## SUGGESTIONS FOR THE INTAKE

Either take the required amount by swallowing or by drinking it after dissolving the tablet in a liquid:



Dissolve the tablet in water.

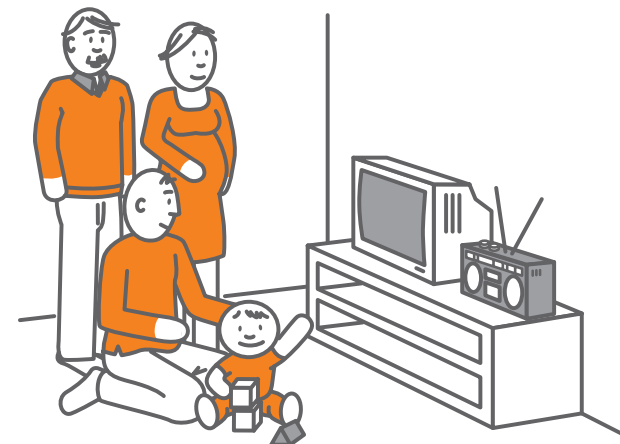


To facilitate the administration - especially for babies and children - dissolve the required amount in a drink, e.g. juice or tea.

**Iodine tablets are a medicinal product. Please read the package insert carefully.**

## WHAT TO DO IN AN EMERGENCY?

- Pay close attention to the authorities' announcements on radio and on television or to loud speaker announcements.
- These iodine tablets may only be taken on the **explicit direction of the emergency response authority**. Generally a single administration of the recommended dosage is sufficient. In exceptional cases the emergency response authorities may however recommend a further intake.
- The correct timing of the tablet intake and the amount are very important.
- Prophylactic intake or other (higher) dosage do not reach a better protection - on the contrary - you could put your health at risk.
- Iodine tablets only provide protection against radioactive iodine. They do not provide protection against other radioactive substances.
- Therefore stay at home or seek shelter in windowless rooms.



**Please take Iodine tablets only on the explicit direction of the emergency response**