

Michigan Department of Health and Human Services

Potassium Iodide (KI) Voucher

By signing this form, I agree that I have read the information provided in this insert and that I am obtaining KI for people who live or work within 10 miles of the Fermi Nuclear Power Plant.

Complete 1 OR 2:

1. For a HOUSEHOLD:

Your Name: _____
Address: _____ City: _____ Zip: _____
Telephone: _____ County: _____
Number of people living in your home: _____ Ages: _____

2. For a BUSINESS:

Name of Business: _____
Address: _____ City: _____ Zip: _____
Contact Name: _____ Telephone: _____
Number of employees/patients/residents/clients: _____

Signature: _____ Date: _____

Participating Pharmacies

Meijer Pharmacies

1700 N. Telegraph Rd., Monroe, MI
22600 Allen Rd., Woodhaven, MI
26100 Vreeland Rd., Flat Rock, MI

Kroger Pharmacies

850 S. Monroe St., Monroe, MI
3833 N. Dixie Hwy., Monroe, MI
20645 Gibraltar Rd., Brownstown, MI
23849 West Rd., Brownstown Twp., MI

Pharmacy Use Only

of boxes dispensed: _____ Lot #: _____ Date Dispensed: _____
Pharmacy Name: _____ City: _____

Michigan Department of Health and Human Services Potassium Iodide (KI) Fact Sheet

KI is available at no cost to people who live or work within 10 miles of a nuclear power plant in Michigan. This insert explains what KI is used for and how you can get it. Save this insert and take the completed voucher (on page 4) to a participating pharmacy for KI.

What is KI?

KI (the chemical name for the drug is "potassium iodide") is a non-prescription iodine pill. Iodine is an element that is found in nature and is also an important part of your diet. Because iodide is so important to your health, it is added to table salt. Table salt cannot be used as a replacement for KI.

If you already have KI tablets from this program, check the expiration date on the box. If it has expired, go to one of the pharmacies listed below to replace your KI with a new supply.

How does KI work?

In the unlikely event of a serious accident at a nuclear power plant, one form of radiation, radioactive iodine, could be released into the air. This type of radiation can be stored in your thyroid gland. This can cause thyroid cancer or other thyroid problems over time. Children are most at risk of thyroid injury from exposure to radioactive iodine. KI protects your thyroid by filling it up with a safe form of iodine so that it can't take in radioactive iodine.

Keeping your thyroid gland healthy is important because it produces hormones that manage your heart rate, blood pressure, temperature and other essential body functions. It is important to know that KI does not protect your whole body from radioactive material – it only protects the thyroid.

How can I get KI?

Take the enclosed voucher to one of the participating pharmacies. The pharmacy will give you the amount of KI that you need. Place it in a safe, dry location and keep it in its foil packet. You should keep it on hand as part of your emergency supply kit. Be sure to get your KI now. You will not be able to get it from the pharmacy during a nuclear power plan emergency.

When should I take KI?

Take KI only if a "General Emergency" has been declared at the nuclear power plant near you. If the emergency sirens sound for three minutes or more, tune to your local radio or television station. Follow the instructions given by emergency officials. You may be instructed to shelter-in-place or evacuate. You should only take KI if the announcements say that the power plant has declared a "General Emergency", the most serious type of plant emergency. If you are told to evacuate and don't have your KI readily available, don't waste time searching for it. Evacuating or sheltering-in-place is the best way to protect yourself from harm due to radiation.

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How much KI should I take?

One dose protects the thyroid for 24 hours. You should be safely evacuated within 24 hours. Taking more than the recommended dose will not help you and may increase the risk of side effects.

Use the information below to take the correct amount for one dose.

- Adults over 18 years of any weight including pregnant or breastfeeding women should take two 65 mg tablets.
- Children 12 years to 18 years who weigh at least 150 pounds should take two 65 mg tablets.
- Children over 12 to 18 years who weigh less than 150 pounds should take one 65 mg tablet.
- Children over 3 years to 12 years should take one 65 mg tablet.
- Children over 1 month to 3 years should take ½ of a 65 mg tablet, crushed into liquid.
- Babies at birth to 1 month should be given ¼ of a 65 mg tablet, crushed into liquid

Instructions for crushing and mixing will be provided by the pharmacy and can be found at www.michigan.gov/ki.

What side effects could I have from taking KI?

KI can cause minor side effects. You could have an upset stomach or swelling in your mouth. If you have a serious reaction such as fever, joint pain, swelling of the face or body or trouble breathing, get medical help right away.

Who should NOT take KI?

You should not take KI if:

- You are allergic to iodine. A shellfish allergy may not mean that you are allergic to iodine. Talk to your doctor if you have a shellfish allergy and are unsure if you should take KI.
- You have dermatitis herpetiformis (DH) or hypocomplementemic vasculitis, very rare skin conditions.

Check with your doctor if:

- You already have a thyroid condition.
- You are unsure whether or not to take KI.

How does this program apply to businesses?

Businesses with more than 200 employees, clients or patients should contact MDHHS to arrange for delivery of KI. If your business chooses to participate in the program, it is responsible for having a dispensing plan that complies with these instructions. If your business chooses not to participate or has less than 200 employees, clients, or patients, you can provide a copy of this fact sheet to your employees to obtain their personal supply of KI at one of the designated pharmacies.

For more information go to the MDHHS website, www.michigan.gov/ki, call MDHHS at (517) 335-8150 between 8:00 a.m. and 5:00 p.m. or send an e-mail to mdhhs-ki@michigan.gov.

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To get KI, fill out this form and take it to one of the participating pharmacies. You must live or work within 10-miles of one of Michigan's three nuclear power plants, be 18 years or older, and provide a government-issued photo ID.

Read the information below before signing the voucher. Signing indicates that you understand and agree to the following:

I understand that:

- KI is an over-the-counter, non-prescription drug.
- KI is to be taken only when a General Emergency has been declared at the nuclear power plant.
- KI is NOT a substitute for evacuation or sheltering-in-place.
- KI only protects the thyroid gland from radioactive iodine. It does not protect the rest of the body. In a nuclear power plant emergency, there could be health risks from other forms of radiation.
- Although taking KI is usually safe, it can cause problems in people who have thyroid disease, are allergic to iodine, or have dermatitis herpetiformis or hypocomplementemic vasculitis, two very rare skin diseases. If I have any of these conditions, I will talk to my doctor before I take KI.
- This KI program is run by the Michigan Department of Health and Human Services. If I have questions I can call 517-335-8150 or send an e-mail to mdhhs-ki@michigan.gov.

I agree that:

- I have read the potassium iodide (KI) fact sheet and will follow all instructions on how to use KI.
- I will follow the instructions of emergency officials.
- I will hold the pharmacy harmless from all liability, claims, suits, or actions related to the use, delivery, labeling, and packaging of KI.

-----Additional information for businesses-----

- I own or represent the named business/institution.
- This business/institution will provide information on dosing and medical contraindications to all employees/clients prior to distributing KI. This information is provided in each box of KI and on the MDHHS website at www.michigan.gov/ki.