



## Potassium Iodide (KI): Instructions for Children

The thyroid gland in children is very sensitive to the effects of radioactive iodine. In the event of a nuclear emergency, it is important for adults to understand how to prepare the proper dosage of potassium iodide (KI) for young children. The following information will help you to give KI to your children properly.

<b>Children over 12 years to 18 years (who weigh at least 150 pounds)</b>	2 tablets (whole or crushed) (130 mg)
<b>Children over 12 years to 18 years (who weigh less than 150 pounds)</b>	1 tablet (whole or crushed) or 8 teaspoons (65 mg)
<b>Children over 3 years to 12 years</b>	1 tablet (whole or crushed) or 8 teaspoons (65 mg)
<b>Children over 1 month to 3 years</b>	4 teaspoons (32.5 mg)
<b>Babies at birth to 1 month</b>	2 teaspoons (16.25 mg)

Tablets can be crushed and mixed in many liquids. To take the tablet in liquid solution, use dosing directions under “Making a Potassium Iodide Liquid Mixture.”

**Take KI only as directed by public officials. Do not take more than 1 dose in 24 hours. More will not help you. Too much medicine may increase the chances of side effects.**

### **Making a Potassium Iodide Liquid Mixture**

1. Put **one** 65 mg KI tablet into a small bowl and grind it into a fine powder using the back of a metal teaspoon against the inside of the bowl. The powder should not have any large pieces.
2. Add 4 teaspoons of water to the crushed KI powder in the bowl and mix until the KI powder is dissolved in the water.
3. Take the KI water mixture solution made in step 2 and mix it with 4 teaspoons of low fat white or chocolate milk, orange juice, flat soda, raspberry syrup, or infant formula.
4. The KI liquid mixture will keep for up to 7 days in the refrigerator. It is recommended that the KI liquid mixtures be prepared weekly. Throw away unused portions

**For more information, please visit the NJ Dept. of Health  
website at [www.nj.gov/health/er](http://www.nj.gov/health/er)**