

Dosage of Stable Iodine Tablets

Please never take the stable iodine tablets unless the City instructs you to do so.



【Caution】

- Stable iodine tablets should be kept away from direct sunlight.
- In principle, the dosage of the tablet is limited to one time.
- People who have thyroid problems or taking other medication should consult your doctor before taking it.
- If you have any of the following diseases, please do not take the tablet as there are risks of side effects;

- oversensitivity to iodine
- hypersensitivity to contrast agent
- hypocomplementemic vasculitis
- dermatitis herpetiformis Duhring

The possibility of side effects due to taking one tablet of stable iodine is quite low.

Symptoms which have been reported are; flushing, skin rash, headache, arthritis, heartburn, nausea, diarrhea and others. If you have any of these symptoms after taking the tablet, please consult a doctor.

【Dosage】

- If you are ordered to take the tablet, please refer to the chart below and take the appropriate dose.
- When you are giving the tablet to children younger than three years old, crush the tablet with spoon or other tools so that you can feed the appropriate amount of medicine to the children. Please refer to the below for details.

【Appropriate dose of medicine on ages】

Age Group	Amount of Iodine	Dose of Tablet
Newborn babies	12.5 miligrams	One third of a tablet
Infants one month to 2 year olds	25.0 miligrams	Two thirds of a tablet
Children aged 3 – 13	38.0 miligrams	One tablet
People aged 13 – 39	76.0 miligrams	Two tablets

【Stable iodine tablets that were distributed previously】

- As soon as you receive the new supply of tablets by post, please send the old tablets and notice of receipt using the enclosed envelope.
※Collected old tablets will be disposed as medical waste by Iwaki City.
- If you have stable iodine syrup, please unscrew the cap, dispose the liquid with running water.



Be sure to dispose the syrup so that children will mistakenly take them.

【How to give the medicine to children younger than three years old】

- ①If City tells you to take the stable iodine tablet, open the package and take out the tablet. Be careful not to let the tablet fly out of package or your hands/fingers.
- ②Place the tablet on a clean place and crush the tablet with clean spoon etc. Please do not use knife as it may be a cause of injury.
- ③Take the appropriate amount for your children and dissolve with water or warm water. It will be easier if you dissolve the tablet while crushing it.
- ④It is hard for children to take the medicine as it is. Please mix the medicine with drink, syrup or milk your children like, or have them take the medicine while drinking a drink they like.

※Above method is just an example. You may also mix the crushed tablet with syrup and apply the paste to oral mucosa (inside the cheek), and have your children drink some liquids.



Do not open the package or crush the tablets until the City instructs you to take the tablet.

Please keep this instruction together with the stable iodine tablets.

【Notes】

- If you were 12 years old when the tablet was distributed, and now you have become 13 years old, please visit the General Affairs Division of Iwaki City Health Centre to receive additional tablets. Opening hours: 8:30am-5:00pm, Mon-Fri. Please bring your health insurance card.
- If you are 40 years or older and pregnant, please get the stable iodine tablet at the General Affairs Division, Iwaki City Health Centre (8:30am-5:00pm, Mon-Fri). Please bring your health insurance card and Oyako Kenko Techo (Parent and child healthcare handbook).
- If you are moving out of Iwaki City, the city will collect your stable iodine tablets. Please contact 0246-27-8590 (General Affairs Division, Iwaki City Health Centre).
- If you have moved in Iwaki City, or if your new baby has been born, Iwaki City will provide stable iodine tablets. Please contact 0246-27-8590 (General Affairs Division, Iwaki City Health Centre).

Consultation on distribution of stable iodine tablets

Call 0246-27-8590 or 0246-27-8556 (8:30am-5:00pm, Mon-Fri, except holidays)
General Affairs Division, Iwaki City Health Centre

※Please understand that we are accepting your inquiries regarding the distribution of stable iodine tablets only. We cannot provide answers to any other inquiries.

FAQs regarding stable iodine tablets

Q: Why will we take the stable iodine tablets?

A: Preventative usage of stable iodine tablets is expected to have an effect of blocking radioactive iodine accumulating in the thyroid. As a result, it will protect the functions of thyroid.

Q: Does dosage of stable iodine tablets have an effect against radioactive cesium or other radioactive substances?

A: Stable iodine is not the panacea for radiation. It is used to prevent bad effects by radioactive iodine cause by nuclear hazards. It will not be effective with any other radioactive substances.

Q: By what public relational media will the instruction of dosage be notified?

A: Iwaki City will inform the citizens by sound car (public vehicle with speakers mounted), FM Iwaki, or other public relation tools when the instruction of dosage is in effect.

Q: Why the people who should take the tablet are limited to those under 40 years old?

A: According to the national Government (Nuclear Safety Commission of Japan), possibility of cancer due to exposure to radiation for persons under 18 shows considerable difference, and the risk is low for people over 40 years old. They determine that usage of stable iodine tablets should be for people under 40 only for the reasons above.

Source: page 11, “5-4 People who should take stable iodine tablets,”

“How to use stable iodine tablets in case of nuclear hazards” (April 2002)

Radiation Protection and Accident Management Section, Nuclear Safety Commission of Japan

■Reference URL: http://kokai-gen.org/information/6_015-1-1y.html

(Nuclear Energy Library Website)

Q: Does the tablets lose its effects as soon as it expires?

A: The tablets will not lose its effects right away when they reaches their expiry date, however, for better efficiency and safety, the expired stable iodine tablets will be collected in return when the new tablets are distributed.