

Iodine tablets for Switzerland

Information for people responsible for tablet distribution in businesses and public institutions

DISTRIBUTION OF IODINE TABLETS IN SWITZERLAND

A precautionary measure

Distribution of iodine tablets (potassium iodide 65 SERB tablets) is one of the precautionary measures taken by the federal authorities in order to protect the public in the event of a serious incident at a nuclear power plant. The tablets prevent radioactive iodine from being absorbed by the thyroid gland. They are distributed every 10 years to people living within 50 km of a Swiss nuclear power plant.



N.B.: The contents of the storage pack are only to be distributed on the instruction of the authorities.

Use

Effects of tablets

If taken promptly, the high-dose potassium iodide 65 SERB tablets will prevent inhaled radioactive iodine from accumulating in the thyroid gland. Although the tablets protect the thyroid gland from radioactive iodine, they do not protect the body against exposure to radioactivity.

Distribution of tablets

As soon as people are instructed by the authorities to have their iodine tablets to hand, the tablets must be distributed without delay to all your staff and to any other persons present in your building. Each person is to receive a blister pack containing 6 tablets.

Administration of tablets

If people are instructed by the authorities not only to have their tablets to hand, but also to take them, then they are to be taken rapidly with plenty of liquid and if possible not on an empty stomach. To make them easier to swallow, the tablets can be dissolved in a drink of any kind (the solution will not keep and must be drunk immediately).

Storage

Contents

Each individual pack of tablets contains 2 blisters of 6 potassium iodide 65 SERB tablets.

Storage conditions

Please do not open the storage packs. They should be stored at room temperature (15–25°C) in a dry place out of the reach of children.

Recommended dosage

Newborns (including breastfed infants of treated mothers) up to 1 month old:

¼ tablet on 1st day (once only)

Children between 2 months and 3 years old:

½ tablet per day

Children between 4 and 12 years old:

1 tablet per day

Children over 12 years and adults:

2 tablets per day

Pregnant and breastfeeding women:

2 tablets taken at one time per day, on a maximum of 2 days

Further information on dosage in the event of contraindications and in special cases can be found in the package leaflet.

The authorities will communicate the length of time for which the tablets should be taken. Even if people are instructed to take iodine tablets for several days, the above restrictions still apply to pregnant and breastfeeding women and newborns.

Iodine tablets are an effective way of preventing thyroid cancer in children, adolescents, pregnant women and people up to 45 years of age. Iodine tablets are not now recommended for people over 45 years of age. People over 45 who are nevertheless considering taking iodine tablets if an incident occurs can obtain further information from their doctor, pharmacy or drugstore.

Further information

Information on the potassium iodide 65 SERB tablets is available online at: www.iodinetablets.ch

Information on protective measures, instructions concerning behaviour and general aspects of hazardous situations can be found on the website of the National Emergency Operations Centre: www.naz.ch

Contact

Swiss Iodine Tablets Office
031 380 79 77, info@jodtabletten.ch,
www.iodinetablets.ch

