



## Key points in brief

### What are these iodine tablets for?

Potassium iodide 65 SERB tablets are high-dose iodine tablets that are only to be taken in an emergency and if you are instructed to do so by the authorities. Should a serious nuclear power plant accident occur, its consequences could include the release of radioactive iodine into the environment. This can be breathed in by humans and accumulate in their thyroid gland. Taking iodine tablets prevents such radioactive iodine from being absorbed by the thyroid gland.

### How must I store my iodine tablets?

Your iodine tablets must be kept in their original sealed packaging and stored at room temperature (15-25 °C). Please also ensure that they are stored out of the reach of children.

### When might the authorities instruct me to prepare and take my iodine tablets?

Should a serious nuclear power plant accident occur in which there is a danger that radioactive substances may be released into the environment, the population will be alerted and informed accordingly – via sirens, radio and other media. If you are instructed to do so by the authorities, you should take your first dose of iodine tablets, drinking plenty of fluids, too. The authorities will also tell you whether multiple doses of the tablets are required.

### Why are these iodine tablets distributed in advance?

You live within 50 kilometres of a nuclear power plant. So to ensure that if you need to take these iodine tablets you can do so in good time, they are automatically sent to your home – as a precautionary measure, and free of charge. You are also intentionally provided with more tablets than one person will need, to ensure that tablets will also be available if required for any further family or visitors in your home at the time who have not been issued such tablets or do not have them on their person.

### Who must take these iodine tablets?

Iodine tablets are an effective means of preventing thyroid cancer for children, adolescents, mothers-to-be and further persons under 45. They are not recommended for persons aged 45 or over. If you are 45 or over and are considering taking iodine tablets in the event of the kind of emergency for which they are provided, you can obtain more advice on this from your physician, pharmacy or chemist.

### How should I take these iodine tablets?

Please see the package insert for instructions.

Further information:

[www.jodtabletten.ch](http://www.jodtabletten.ch)

