



FAX about ...



durham.ca/hcp

Potassium iodide tablets distribution in Durham Region

The Canadian Nuclear Safety Commission requires that all homes and businesses within 10-kilometres of a nuclear generating station receive a supply of potassium iodide (KI) tablets. KI is a stable iodine salt, effective in reducing the risk of thyroid cancer in the highly unlikely event of a radioactive iodine release.

In October 2015, KI tablets were pre-distributed to homes and businesses within 10-kilometres of the Pickering and Darlington nuclear generating stations. There is an on-going process in place to ensure that new residents and businesses who have moved into the 10-kilometres zone and registered their new address with Canada Post, are mailed a free supply of KI tablets.

Tablets have also been pre-distributed to all institutions (school boards, private schools, child care centres, long-term care and retirement homes, hospitals, youth detention centres) and first responders located within 10-kilometres of either nuclear generating station.

In the highly unlikely event of a nuclear emergency that results in the release of radiation to the public, the **Chief Medical Officer of Health** will provide **instructions** on where, when, how and by whom KI tablets should be taken.

How can you help to raise awareness about KI?

- **Advise your clients/patients** who live or work within 10 to 50 km of a nuclear generating station, that they can obtain a **FREE** supply of KI tablets from preparetobesafe.ca or, they can call the Health Department's **Environmental Helpline** at **905-723-3818, 1-888-777-9613** for additional information about KI tablet distribution and assistance in ordering. Preparetobesafe.ca uses postal codes to determine if an address falls within the eligible zone.
- **Stay informed** by visiting durham.ca or preparetobesafe.ca (e.g., what KI is, dosage, how it works, when to take, how to store it, etc.).
- **Order KI pamphlets** to keep in your waiting room for the public to take, order online here durham.ca/HCP.

Durham Region Health Department: 905-723-3818, 1-888-777-9613

May 8, 2019

If you prefer to receive this information in an electronic format please submit your request to healthresources@durham.ca

If you require this information in an accessible format, contact 1-888-777-9613.