



Potassium iodide tablets in Durham

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.

As a health care provider, we want to thank you for all your hard work during this pandemic and for partnering with us as you help to raise awareness about KI by:

- **Advising 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 Durham Health Connection Line **905-668-2020, 1-800-841-2729** for additional information about KI tablet distribution and assistance in ordering. [Preparetobesafe.ca](https://preparetobesafe.ca) uses postal codes to determine if an address falls within the eligible zone.
- **Staying 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.).
- **Ordering KI pamphlets** to keep in your waiting room for the public to take, order pamphlets online here durham.ca/HCP.

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