



# Durham Region Health Department FAX about...

For Health Care Professionals



## Potassium Iodide (KI) pills 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) pills. KI is a stable iodine salt, effective in reducing the risk of thyroid cancer in the highly unlikely event of a radioactive iodine release.

Ontario Power Generation (OPG), in partnership with Durham Region Health Department and Toronto Emergency Management, will provide **residents living within 10 kilometres** of the Pickering and Darlington nuclear generating stations with replacement KI pills. These will replace those distributed in 2015, which are set to expire in 2027. Residents will receive a KI package by mail at their home address this year. Residents should keep their existing stock until the replacement pills are received.

**Residents living within 10 to 50 kilometres** of the nuclear generating stations should check the expiry date on their current KI supply and order replacements through [preparetobesafe.ca](https://preparetobesafe.ca) before their pills expire.

OPG has contracted a new supplier, *New Roots Herbal*, for KI pill distribution. *Radblock* is distributed through [preparetobesafe.ca](https://preparetobesafe.ca) online orders. Although boxes and manufacturers may vary, each pill contains 65 mg of KI.

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** for Ontario will provide **instructions** on where, when, how, and by whom KI tablets should be taken.

**As a health care provider, thank you for partnering with us to help 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 **FREE** KI tablets from [preparetobesafe.ca](https://preparetobesafe.ca) or, they can call the Durham Health Connection Line **905-668-2020 (or 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.
- **Stay informed** by visiting [durham.ca/KI](https://durham.ca/KI) or [preparetobesafe.ca](https://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 pamphlets online at [durham.ca/HCP](https://durham.ca/HCP).

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905-668-2020 or 1-800-841-2729 | [durham.ca/health](https://durham.ca/health)

If you require this information in an accessible format, contact 1-800-841-2729.

