HENDRICK HUDSON SCHOOL DISTRICT

61 TROLLEY ROAD
MONTROSE, NEW YORK 10548

Telephone (914) 257-5112
Fax (914) 257-5121

Alice S. Gottlieb, Ed.D.
Assistant Superintendent for Curriculum, Instruction and Professional Personnel

Daniel T. McCann, Ed.D.
Superintendent of Schools

Dear Parent/Guardian:

Our school building is located within the ten-mile emergency-planning zone (EPZ) of the Indian Point nuclear power plant. In January 2001, the Federal Nuclear Regulatory Commission amended its policy on the availability and usage of the over-the-counter drug potassium iodide (KI) during a radiological emergency. As a result, New York State also revised its policy regarding providing KI to the general population in the 10-mile emergency planning zones surrounding the Indian Point commercial nuclear power site.

KI is an over-the-counter drug that protects the thyroid from exposure to radioactive iodine. KI only protects one organ against one radioactive substance. It is not an alternative to evacuation or sheltering (See attached KI information sheet). In fact, evacuation and sheltering remain New York's primary public protective actions in the event of an accident at any nuclear power site.

Should the County and/or State Department of Health recommend the use of KI during an emergency; the Hendrick Hudson School District will have KI available on-site for your child. Evacuation from the ten-mile EPZ remains our primary protective radiological action. In the event that evacuation is not immediately possible and/or KI use recommended by County and/or State health officials, an appropriate dose of KI will be available for your child.

Please indicate if you **DO NOT** want the school to provide your child with KI in a radiological emergency. This will enable each school to work on preparing an accurate listing of students for KI distribution.

If you have any concerns regarding the emergency use of KI or questions on your child's health and the use of KI, please discuss this with your child's health care provider.

Sincerely,

The Hendrick Hudson School Nurses

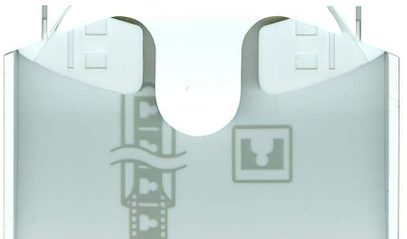
HHHS 257-5890

BMMS 257-5790

B-V 257-5490

FGL 257-5590

FWS 257-5690



KI OPT OUT FORM
HENDRICK HUDSON SCHOOL DISTRICT

I understand that potassium iodide (KI) may be given to my child if recommended by the County and/or State Department of Health in a radiological emergency.

I have read and understand the Parent/Guardian letter and Department of Health KI information sheet.

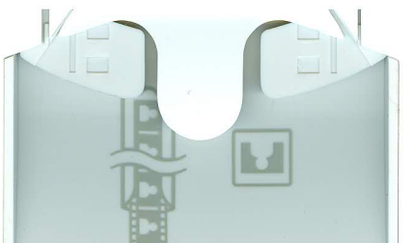
I do not want my child given potassium iodide (KI) in the event of a radiological emergency.

Child's Name_____

Parent/Guardian Signature_____

Date_____

IF YOU DO NOT RETURN THIS FORM AND KI USE IS RECOMMENDED BY HEALTH OFFICALS, YOUR CHILD WILL RECEIVE KI.



Westchester gov.com

Potassium Iodide (KI) Questions & Answers

What is Potassium Iodide (KI)? Potassium Iodide is a simple mineral salt that can help prevent thyroid cancer in a nuclear accident that releases radioactive iodine. KI does not protect any part of the body other than the thyroid.

Why is there interest in KI today? Nuclear power plant accidents may release radioactive iodine and other radioactive substances and taking KI may help protect you from absorbing radioactive iodine into your thyroid. The best action in an emergency is to carefully listen to and follow directions from public officials. The officials will utilize Emergency Alert System (EAS) Radio and Television stations, press releases and news briefings to broadcast instructions and information which may include directions to take KI; to evacuate a particular area; to shelter in place if you cannot evacuate; or to take no action. You should stay tuned for more information and updates. **If ordered to evacuate, you should not delay evacuation while trying to locate or purchase KI.**

How effective is the use of KI? KI is most effective when taken within two to four hours of an exposure to radioactive iodine. It is less effective when taken earlier or later than that. KI effectively "floods" the thyroid with "good iodine," to block absorption of any radioactive iodine. This may reduce the risk of thyroid cancer in individuals who breathe or swallow radioactive iodine.

Is KI safe for everybody? Most people who take 1 dose of KI will have no side effects. More doses of KI are only needed if a person has not been able to evacuate after 24 hours and officials inform that there is still concern of ongoing radioactive iodine exposure. People who have iodine sensitivity should contact their doctor before taking KI. People with thyroid disorders should consult their physician and be treated cautiously, especially if taking KI for more than a few days. Pregnant women should be given KI for their own protection and for that of the fetus only if exposure to radioactive iodine is imminent. Pregnant women or women who are breast feeding should avoid taking more than one dose of KI.

How will I know if I should take KI in an emergency? Taking KI is only recommended in emergencies during which the public is likely to be exposed to radioactive iodine. State and County health department officials will monitor the radiation emergency and will immediately notify the public to take KI if necessary. The Westchester County Health Department will make immediate public announcements, notify the media, and broadcast emergency alert system messages. Information will also be posted to the Internet at http://jic.semo.state.ny.us/. Instructions to take additional doses or to stop taking KI will be widely publicized as well.

Where is KI available? Free KI is available for people who live in the 10-mile radius of Indian Point, at their local Village Halls. KI is also available over the counter in many pharmacies and it can be purchased on the Internet or in retail outlets without a prescription. If reception centers are activated during a radiation emergency; these centers will also provide KI. **However, evacuation should not be delayed while trying to locate or purchase KI.**

What are the recommended doses of KI? Consult the package label/insert for the correct dose for you and your family members. Never take KI until officials recommend doing so, and never take more doses or more often than directed. Taking more KI does not offer better protection and may result in a greater chance of side effects. The recommended lowest effective doses of KI: **infants under two months of age** – 0.3 ml liquid or 16 mg; **two months through three years of age** – 0.5 ml liquid or 32 mg; **four years through twelve years of age** – 1ml liquid or 65 mg; **thirteen years through eighteen years of age and under 150 pounds** – 1 ml liquid or 65mg; **adolescents and adults weighing over 150 pounds, pregnant women and breastfeeding women** – 130 mg tablet. KI is available in 65 mg tablets, 130 mg tablets, and also in liquid form (65 mg/ml).

If I am directed to take KI, what should I do if I only have 130 mg tablets? If you are told to take KI, adults and children 12 years and older can take one 130 mg KI tablet. Children less than 12 years of age can be given one half of the 130 mg tablet (which is 65 mg). According to the FDA, "the overall benefit of taking 130 mg of KI (instead of 65 mg) to reduce long-term risk of thyroid cancer far exceeds the small risk from overdosing." One dose protects for up to 24 hours, which would be more than enough time to leave the affected area. You will no longer need to take KI once you are outside the area of radioactive iodine exposure.

Issued by the Westchester County Health Department
Web site: www.westchestergov.com/health
Updated August 2010

