

## DISTRIBUTION OF IODINE TABLETS TO CHILDREN AND YOUNG PEOPLE IN THE EVENT OF A NUCLEAR ACCIDENT

If a nuclear accident occurs near or in Norway, airborne radioactive iodine may be dispersed in such large quantities that it is absorbed in the body. When contaminated air is breathed in, or contaminated food and drink is consumed, it may increase the risk of thyroid gland cancer.

Iodine tablets block the absorption of radioactive iodine by the thyroid gland. This way the iodine tablets will protect you against radioactivity and reduce the risk of cancer in this gland. The Norwegian authorities therefore recommend that children and young people under the age of 18 receive a dose of iodine in tablet form if a nuclear accident occurs that exposes them to radioactive iodine. A recommendation to use iodine tablets will be given by [the Crisis Committee for Nuclear Preparedness](#).

In the event of a nuclear accident, it may be important that children and young people receive iodine tablets quickly. Iodine tablets are stored in all private and public schools, nursery schools, child welfare institutions and other institutions where children are present during the day.

Adverse effects very rarely occur on a single intake of iodine.

People who are allergic to potassium iodide may not take iodine tablets. If in doubt, your own doctor should be consulted.

People with metabolic disorders should check metabolic tests 6-12 weeks after taking iodine. People with dermatitis herpetiformis (Dühring's disease) may experience an exacerbation of the skin disease immediately after taking iodine tablets, and the attending doctor will then assess whether the treatment should be adjusted.

What you should do:

- As care giver of a child under the age of 16 you choose whether the child should receive iodine tablets.
- You must notify the nursery or school if you do not want the child to receive an iodine tablet.
- As a young person, you can from the age of 16 years decide yourself whether you want to take iodine tablet.
- You must notify the school if you do not want to take iodine tablet in the event of a nuclear accident

