

Distribution and use of iodine capsules for children under 3 years of age

At the moment, Finnish pharmacies cannot provide an iodine product that would enable accurate dosing for children under 3 years of age. Public health care services will instead distribute iodine tablets suitable for children under 3 years of age as part of generally recommended household preparedness.

For more information, see the website of the Radiation and Nuclear Safety Authority (STUK): <https://www.stuk.fi/aiheet/sateilyvaara/toimintaohjeet-sateilyvaaratilanteessa/joditabletit>

Use of iodine preparations in a radiation hazard situation

- Only administer the iodine preparation when instructed to do so by the authorities to ensure correct timing. You can hear the instructions on the radio or on television. Follow the instructions provided with the package when administering the preparation.
- Only administer one dose. The protection it provides is maintained for approximately 24 hours. Exposure by inhalation of fallout is likely to last only a few hours.

Dosage

- **For babies under 1 month of age:**
 - o 16.25 mg potassium iodide (12.5 mg iodine)
 - o 1 capsule mixed with food in a radiation hazard situation as instructed by the Ministry of Social Affairs and Health. The capsule can be opened and mixed with milk to facilitate administration.
- **For children aged 1 month to 3 years:**
 - o 32.5 mg potassium iodide (25 mg iodine)
 - o 1 capsule mixed with food in a radiation hazard situation as instructed by the Ministry of Social Affairs and Health. The capsule can be opened and mixed with milk to facilitate administration.

The capsule is stable for 6 months from the date of preparation. Expired capsules should be delivered to a pharmacy for disposal.

You will receive new capsules to replace any expired ones from the maternity and child health clinic for children under 3 years of age.