



Potassium Iodine (KI) tablets do not provide radiation protection

There is a widespread misunderstanding of the value of Potassium Iodine (KI) tablets. They are only useful for some types of radioactive fallout, and at best will protect your thyroid, not the rest of your body. Many people mistakenly think that this is some magic pill that protects you from radiation—this is absolutely not true.

KI tablets can protect your thyroid after you eat, breath, or drink something contaminated with high amounts of radioactive iodine. But radioactive fallouts will have small amounts of radioactive iodine, and lots of other radioactive materials that will destroy cells in your body and cause radiation sickness and, if high levels or long exposure, cancers and fatalities.

You also have to take KI before exposure, or very soon (a few hours) after exposure for it to protect just your thyroid, and just from radioactive iodine—not other sources of radiation.

It is far better to be focused on avoiding or limiting exposure to radiation. Do not regard KI tablets as some magic protection or cure for radiation—they are not.