



Potassium Iodide (KI) Tablet Distribution Program

Presented by Philip Barrocas, Durham Region Health Department

Presentation Agenda

Potassium Iodide tablets

Legislative requirements

KI Tablet distribution program

Public Awareness Campaign

Potassium Iodide (KI) Tablets

- Fills up the thyroid with stable iodine which prevents the uptake of radioactive molecules to decrease the risk of thyroid cancer
- Do not need to take tablets unless instructed to do so by the Chief Medical Officer of Health
- Tablets are available at all reception, evacuation and emergency workers centres



Background

2009 Provincial Nuclear Emergency Response Plan (PNERP):

- Requirement for designated municipalities to have a plan to facilitate the availability of KI tablets for Detail Planning Zone (DPZ)
- Stipulated that nuclear installations “...shall procure, in advance, adequate quantities of KI for the DPZ population for use during a nuclear emergency”

CNSC Requirements REGDOC - 2.10.1

Licensing Requirement – Nuclear Generating Station (NGS):

Detailed Planning Zone (DPZ) ~10 km radius

- All household, institutions and businesses within 10 km of NGS be provided with KI tablets

Ingestion Planning Zone (IPZ) ~50 km radius

- Availability of KI tablets to anyone residing within 50 km of nuclear generating stations who wish to obtain a supply

Active Distribution to Residents and Businesses within 10km of PNGS/DNGS

Collaboration between OPG, DRHD, TOEM, Canada Post

Over 200,000 KI tablet packages mailed to DPZ

New to Durham Region?

Quick Facts:

- Durham Region has two nuclear power stations; Pickering and Darlington
- In the highly unlikely event of a nuclear emergency, potassium iodide (KI) tablets are key to keeping you safe
- Anyone living or working within 10-kilometres of either nuclear station should have a supply of KI tablets
- KI is also available to those within 50-kilometres of both nuclear stations

Visit preparetobesafe.ca to order your FREE supply of KI tablets and for more information or call Durham Region Health Department Environmental Helpline at 905-723-3818, 1-888-777-9613.

There is no such thing as being too prepared.



New Neighbour's Program

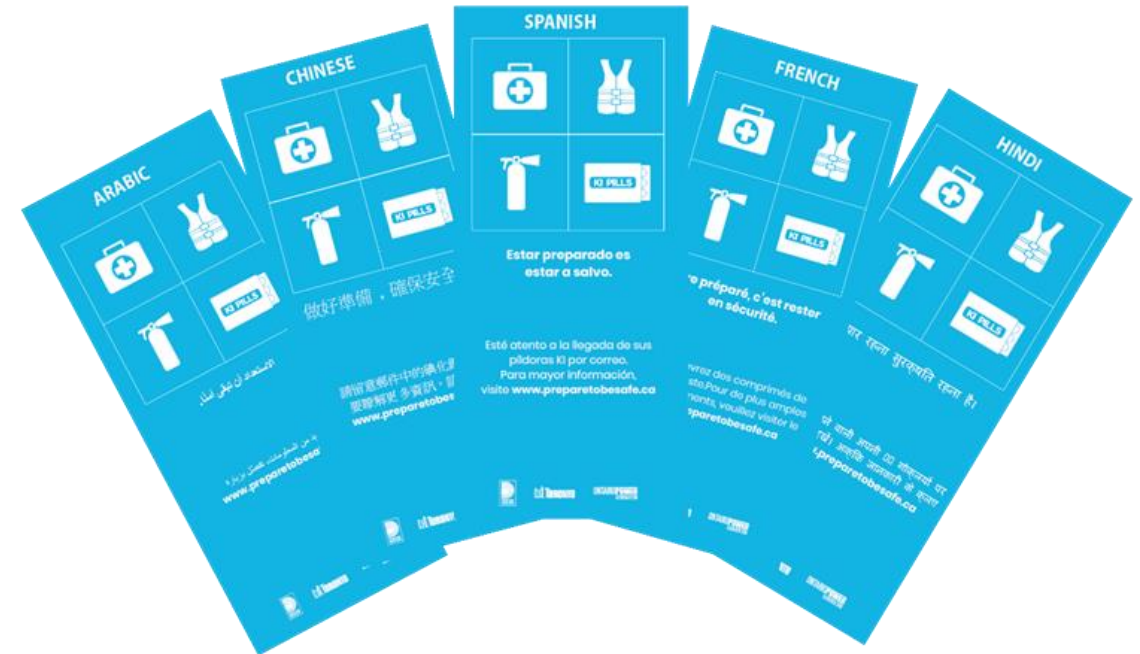
The New Neighbour's Program uses data from Canada Post to identify any address changes. As of 2020, there have been approximately 1.2 million KI pills distributed through this program

Passive Distribution to Residents and Business within 50km of PNGS/DNGS

1) PrepareToBeSafe.ca website

Site Features:

- Locator
- Ability to order tablets
- KI information available in English and 9 different languages including: Farsi, Tagalog, Tamil and Urdu



2) Designated Pharmacies

KI Public Awareness Campaign



January, May,
September



Variety of platforms
used



Translations in
10 languages



Target Audience -
residents &
businesses in DPZ
and IPZ



4 YouTube Videos
created

KI Advertising and Social Media

Got Yours?

Potassium Iodide (KI) Tablets

What you need to know!






What are KI tablets?

Why do I need KI tablets?

When should I take them?

For answers to these and other questions
Call Durham Health Connection Line at
905-668-2020 or 1-800-841-2729
or
Visit preparetobesafe.ca

Where can I get KI tablets?

How can I get more information?

Where can I find KI information in other languages?

There's no such thing as being too prepared!



Durham Region Health Department

September 16 · 🌐

News Release: In the highly unlikely event of a nuclear incident, KI tablets can protect you and your family <https://bit.ly/3MMf6a9>



DURHAM
REGION
HEALTH
DEPARTMENT

NEWS RELEASE



Limit these ultra-processed foods for longer-term health, 30-year study suggests



New research is adding to the evidence linking ultra-processed foods with chronic disease. The study included people who ate an average of 100 ultra-processed foods per day, which is more than the average person who ate the least amount, a diet of whole grains, fruits, and vegetables. The study found that people who ate more ultra-processed foods had a higher risk of heart disease, diabetes, and other chronic diseases. The study also found that people who ate more ultra-processed foods had a higher risk of being overweight or obese. The study was published in the journal *BMJ*.



Got Yours?

Order your FREE supply of KI pills and for more information visit preparetobesafe.ca or call Durham Health Connection Line at 905-668-2020 or 1-800-841-2729.






There's no such thing as being too prepared.

Quick Facts:

- Durham Region has two nuclear power stations: Pickering and Darlington
- In the highly unlikely event of a nuclear accident, potassium iodide (KI) pills are a key component to keeping you and your family safe
- Anyone living or working within 10-kilometres of either nuclear station should have a supply of KI pills
- KI is also available to those within 50-kilometres of both nuclear stations

There is no such thing as being too prepared.

NO CELL PHONES WHILE DRIVING

Durham Region Health Department Role



Manage telephone inquiry line and assist with KI tablet orders



Provide in-house storage



Maintain records for stockpile of KI tablets to backfill supplies for institutions, first responders and pharmacies

KI Order Requests

- Approximately 4,500,000 KI Tablets have been distributed through Prepare To Be Safe (PTBS) and the New Neighbours Program
- Approximately 97% of PTBS orders are from homes and 3% from businesses
- In 2024
 - Orders for ~20,000 people were made through PTBS
 - businesses ordered for ~5,000 employees



Thank you

Philip Barrocas

Senior PHI, Health
Department

Philip.Barrocas@durham.ca

durham.ca

[@RegionofDurham](https://twitter.com/RegionofDurham)

