WHAT IS POTASSIUM IODIDE (KI) FOR?

Potassium iodide (KI) is a type of iodine that is not radioactive. The CDC says it protects only the thyroid, only against radioactive iodine, and that you should not take it unless public health or emergency response officials or a healthcare provider instruct you to.

THE STEPS

01 KI is a type of iodine that is not radioactive (CDC).

02 It protects only the thyroid, and only against radioactive iodine (CDC).

03 Take it only when public health or emergency response officials or a healthcare provider instruct you to (CDC).

04 It is not for everyday use. More is not better and can cause severe illness or death (FDA).

05 Thyroid condition or iodine sensitivity? Talk to your doctor first (FDA).

06 Table salt and iodine supplements are not substitutes (CDC).

07 Amounts by age are on the FDA and CDC pages. Follow the officials.

08 In any radiation emergency: get inside, stay inside, stay tuned (Ready.gov).

THE CHECKLIST

- ☐ Read the FDA and CDC pages
- ☐ Ask your doctor first if you have a thyroid condition or an iodine sensitivity
- ☐ A battery or hand-crank radio, so you can hear official instructions
- ☐ Know the difference: water treatment tablets are not KI

How we write it into your plan. We do not write KI into a plan as something to buy. We write in how your household hears official instructions: the radio, the county alerts and who checks them. If you live near a nuclear power plant, your state or county health department can tell you whether KI is offered where you live.

Sources: FDA, Frequently Asked Questions on Potassium Iodide (KI); CDC, Potassium Iodide (KI); Ready.gov, Radiation Emergencies. Last reviewed November 18, 2026. General preparedness information, not medical advice. In an emergency, call 911.