

VITAMIN D

Why do you need Vitamin D?

You need Vitamin D to keep your bones strong.

How do we get Vitamin D?

The best source of Vitamin D comes from **sunlight**.

Your body can make Vitamin D when the sun directly touches your skin.

If you do not have enough vitamin D you can have:

- aches
- cramps
- pain in your muscles
- bones that become soft and break.

Who is at risk of low vitamin D levels?

- dark skinned adults
- dark skinned children
- veiled women and their babies and children
- people who do not go outside.

To get enough vitamin D you need to have sunlight on your uncovered face, hands and arms without sunscreen: for dark skinned people up to **20 minutes**; for fair skinned people **6-8 minutes**, on most days.

TIPS!

- ✓ In **winter** you will need to **spend more time** in the sunlight (up to **40 minutes**).
- ✓ Sunlight that has passed through a glass window will not make vitamin D.
- ✓ It is important to talk to your doctor about your vitamin D levels. **You may need to take vitamin D tablets.**
- ✗ **Avoid** the **hottest times** of the day. Before 11am and after 4pm it is safer to expose your skin.