VITAMIN D

Vitamin D is important to:

- Make your bones and teeth strong
- Stop aches, cramps and pain in your muscles
- Help keep your immune system strong

How do you get Vitamin D?

- The best source of Vitamin D comes from sunlight
- Sunlight must go directly on your skin (not through window glass)
- Foods only have small amounts of Vitamin D
- Some people may need Vitamin D tablets

Who is at risk of low Vitamin D levels?

- Dark skinned adults and children
- People who cover their skin often
- Veiled women, also their breastfed babies
- People who do not go outside much

Talk about Vitamin D with your doctor

- It is important to talk to your doctor about your Vitamin D and calcium levels
- You may need to take vitamin D tablets

Sun Safety

- In Australia the sun is very strong and can damage your skin
- It is not safe to be in the sun for a long time without sun protection
- To protect yourself from the sun: wear a hat, sunscreen, sunglasses and stay in the shade at the hottest time of the day

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