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 11 am and after 4 pm it is safer to expose your skin.