

# 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 4pm it is safer to expose your skin.