

Dear Stakeholder

We are writing to inform you that as part of the Government's response to Covid-19, Public Health England has today re-issued existing advice on vitamin D on NHS.UK, which can be found here:

<https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-people-at-high-risk/>

The advice in full is as follows:

- The Government is currently advising people to stay at home. For most people this will mean being indoors for much of the day, which could result in not getting enough vitamin D from sunshine exposure. The body creates vitamin D from direct sunlight on the skin when outdoors during the spring and summer.
- Existing public health advice is that if you're not going outdoors often, you should consider taking a daily supplement containing 10 micrograms of vitamin D. We therefore recommend that whilst the stay at home measures are in place, everyone follows this advice (including children, pregnant and breastfeeding women and older people).
- This advice is not about preventing coronavirus (COVID-19) or mitigating its effects. Vitamin D is needed to keep bones and muscles healthy.
- You can buy vitamin D supplements at most pharmacies and supermarkets. Please don't buy more than you need.

Kind regards

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Protecting and improving the nation's health

