

Vitamin D

DURING THE COVID-19 PANDEMIC

- Your body needs vitamin D. Vitamin D is important for bone health, for supporting a healthy immune system, and for overall health.
- You may have heard that vitamin D supplements may protect you from COVID-19. At this time there is not enough evidence that vitamin D supplements can prevent or treat COVID-19.
- It is important to get enough vitamin D for overall health. If you think you are not getting enough vitamin D in your diet, talk to your health care provider about taking a supplement. A daily vitamin D supplement of 400 IU is recommended for people over the age of 50, and for infants receiving breastmilk.
- Eating a variety of healthy foods, exercising, getting adequate sleep, and doing your best to manage stress will also help keep you healthy.



You can get vitamin D from food, sunshine and supplements

FOOD SOURCES OF VITAMIN D

- fish (salmon, Arctic char, trout, whitefish, walleye/pickereel, sardines and tuna)
- milk and other fortified dairy products (e.g., some yogurts)
- fortified plant-based beverages (e.g., soy or almond)
- egg yolk
- margarine

Traditional food, or country food, is high in nutrients and an important source of vitamin D.

VITAMIN D SUPPLEMENTS

Health Canada recommends a vitamin D supplement of 400 IU for two age groups:

- infants up to one year of age receiving breastmilk
- adults over 50 years of age

Other people may also benefit from taking a vitamin D supplement. If you think you are not getting enough vitamin D, talk to a dietitian or your health care provider about taking a vitamin D supplement.

Did you know? Non-Insured Health Benefits covers vitamin D supplements when recommended or prescribed by a health care professional.

SUNSHINE

Your body makes vitamin D when your skin is exposed to the sun. Many people get at least some vitamin D this way. However, clouds, smog, time of day, season and color of skin can affect how much vitamin D your body makes. In Canada, getting enough vitamin D during the fall and winter may be difficult.

For more information about staying healthy and protecting against COVID-19 visit:

<https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/covid-19.html>
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#p>