

# VITAMIN D in Tasmania

## Sunlight is best source of vitamin D for healthy bones and muscles.

Your body makes vitamin D when UV light from sunlight touches your skin - it cannot make vitamin D with sunlight through glass.

Currently many Tasmanians do not get enough vitamin D.

In winter it is very difficult for our bodies to make enough vitamin D because there is less sunlight, UV levels are low and we cover up to keep warm.

### People who may not get enough vitamin D :

- People with dark skin
- People who do not go outside in the sun with bare skin
- Babies of mothers with low vitamin D

### Talk to your GP

Some chronic diseases can affect how your body makes vitamin D, ask your GP for more information. Some people will need vitamin D supplements.

### Check the UV index

Check the UV Index daily to give you information on the strength of the sun at: [www.cancertas.org.au](http://www.cancertas.org.au), [www.bom.gov.au/uv](http://www.bom.gov.au/uv), in the weather section of the newspaper and as a free app for smart phones from [www.sunsmart.com.au/resources/sunsmart-app](http://www.sunsmart.com.au/resources/sunsmart-app)

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## To help get enough vitamin D

IN SUMMER	IN WINTER
For people with fair skin about 10–15 minutes a day in the sun before 11 am or after 3 pm	For people with fair skin at least 30 minutes a day in the sun around midday
For people with dark skin about 30 – 90 minutes a day in the sun before 11 am or after 3 pm	For people with dark skin at least 1.5 – 3 hours a day in the sun around midday

- **AVOID SUNBURN** – it increases your risk of skin cancer.
- **You need sunlight on as much skin as possible, at least hands and arms.**
- **Be active outside every day to help make vitamin D.**
- **In summer avoid the middle of the day.**
- **Protect your skin and eyes from the sun if you are outside for longer times.**
- **March and October are good times to get some extra sun.**