Coronavirus, Staying Inside, and Vitamin D

Public Health England is recommending that people take vitamin D supplements in an effort to protect themselves from COVID-19. Vitamin D is a fat-soluble vitamin that is necessary for healthy bones, teeth, and muscles and boosts immune system health. Exposure to sunlight allows your body to manufacture its own vitamin D, and the British government is concerned that the increased time spent indoors during the pandemic and out of the sun will leave people at a greater risk to the virus.

Related: *Sold Out — How To Get Vitamin C (Recipe/DIY)*

> *Unfortunately, as the effects of coronavirus continue, many of us are limited in the time we can spend outdoors. Correctly abiding by government rules and staying at home is immensely important and, while many of us have limited access to sunlight, this means we need to take a little extra care to keep our vitamin D levels healthy."*

> *Sara Stanner, British Nutrition Foundation*

There has been no evidence to suggest that vitamin D is effective in treating coronavirus. But low levels of vitamin D have been associated with an increased risk of respiratory diseases like tuberculosis, asthma, and chronic obstructive pulmonary disease (COPD), as well as viral and bacterial infections. Vitamin D deficiency is already an issue for 42% of Americans.

Related: *Supplements To Defend Against Coronavirus*

Sources:

- *Can Vitamin D Lower Your Risk of COVID-19?* — Healthline

- *Prevalence of Vitamin D Deficiency and Associated Risk Factors in the US Population (2011-2012) — NCBI*

- *Prevalence of Vitamin D Deficiency and Associated Risk Factors in the US Population (2011-2012) — NCBI*