

## **Vitamin D Campaign**

The need for us to keep ourselves as healthy as possible and boost our immune system at this time is still a given. To help with this, a new campaign has been launched that focuses on the benefit of Vitamin D, especially due to its ability to help fight infection and strengthen the immune system.

- Most people in the UK should be taking a supplement of this vitamin, as its content in certain foods does not supply enough for the body's needs, as the main source is from sunlight on our skin
- Those that are pregnant, young children, those clinically vulnerable to Covid-19, and people with dark skin (Black Caribbean, Black African and South Asian especially) should all be supplemented
- Promotion of this campaign will be launched on the radio, using the Tuk Tuk, through floor stencils, and on social media
- More info can be found here: [www.publichealthslough.co.uk/campaigns/vitaminD](http://www.publichealthslough.co.uk/campaigns/vitaminD)