

Guidance on Vitamin D supplements during COVID-19

April 2020

In response to the COVID-19 pandemic, Public Health England has reinforced their guidance to take Vitamin D supplements. **This is due to people being less exposed to sunlight as they are spending more time indoors.** Exposure to sunlight allows Vitamin D to be produced in the skin. In the UK the majority of the population should be able to produce sufficient Vitamin D from sunlight between the months of April and September. Where possible individuals can consider daily safe sun exposure, **but must adhere to government advice on leaving the home safely.**

Please Note: There is no role for Vitamin D testing in the management or prophylaxis of COVID-19. There is no direct evidence that vitamin D status affects the risk of COVID-19 infection specifically.

If deficiency or insufficiency has been confirmed, treatment doses should be prescribed in line with local guidance which can be accessed at:

[Vitamin D Deficiency in Adults - Guidelines on Diagnosis and Management](#)

For those individuals who do not require treatment doses of Vitamin D, the usual advice around Vitamin D supplementation should be provided. Adults should consider taking a daily supplement containing 10 micrograms (400 units) of vitamin D. A number of products are available to purchase over the counter and should **NOT** be prescribed, in line with self-care advice.

Please note: Those patients who are currently prescribed Calcium and Vitamin D preparations containing 400 units of Vitamin D will not need additional supplementation.

For further information, please contact the Medicines Management Teams on
01282 644801 (EL CCG) or 01254 282087 (BwD CCG)