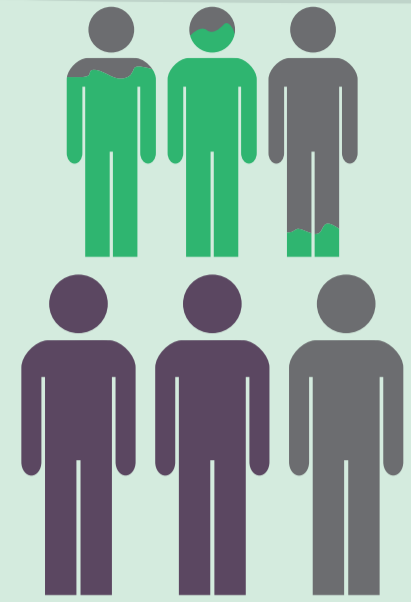


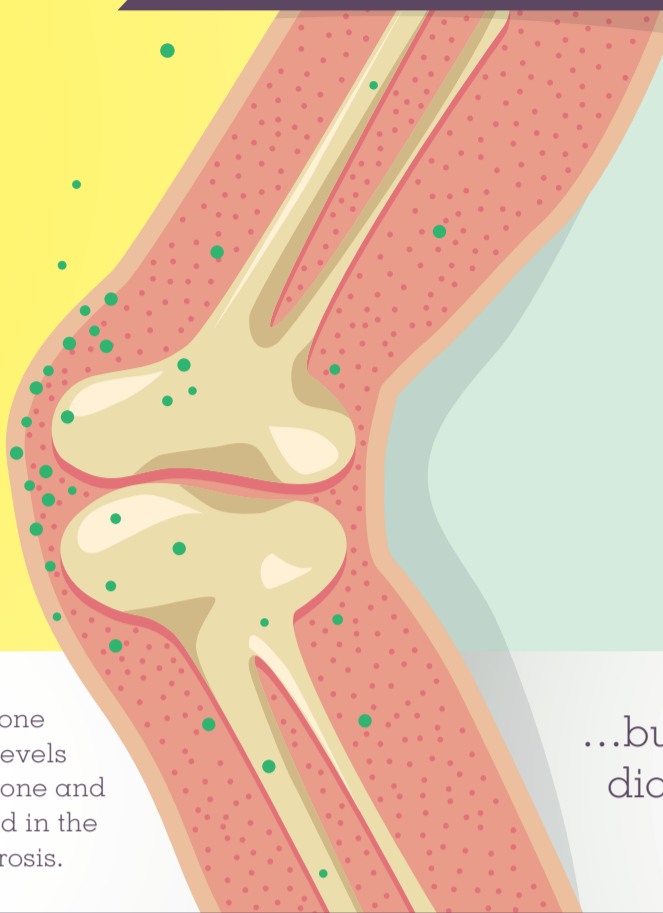
One third of Australians are **low in vitamin D**



...but 2 in 3 Australians will be diagnosed with **skin cancer** by the age of 70.

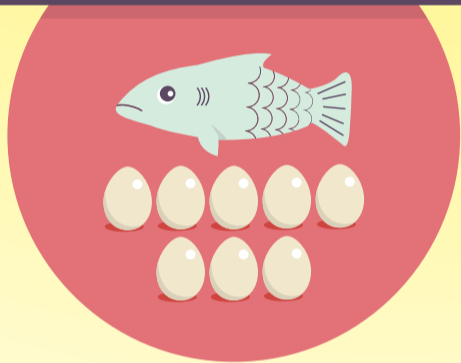
# Vitamin D

**Vitamin D** is a hormone that controls calcium levels in the blood; crucial for bone and muscle development, and in the prevention of osteoporosis.



So how do you get enough sun for vitamin D without increasing the risk of skin cancer?

# How much sun is enough?



Check the daily sun protection times online or use the free **SunSmart smartphone app** to determine whether or not sun protection is required in your location.

Vitamin D can be found in some foods, but it is difficult to get enough vitamin D from diet alone. **The sun is the best natural source of vitamin D.**

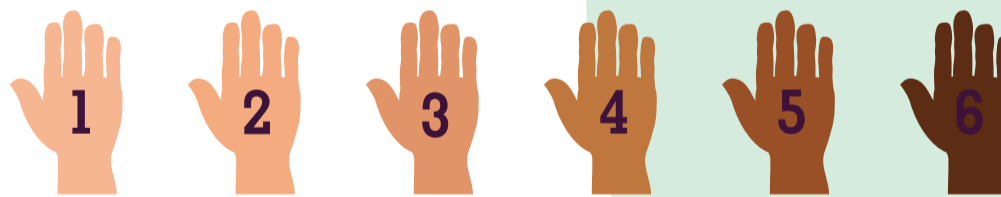


UV levels vary across Australia so the amount of sun required for vitamin D depends on your **location** and **the time of year**.



## 30 - 60 days

Our bodies only store enough vitamin D to last between 30-60 days.



During months when the UV is below 3 all day, skin types 1 - 4 should aim for **2-3 hours** of midday winter sun exposure spread over the week to the face, arms, hands (or equivalent area of skin)

Skin types 5 & 6 may need 3 - 6 times this amount.

When the UV is above 3 skin types 1 - 4 should aim for just **a few minutes** of mid-morning or mid-afternoon sun exposure each day

Skin types 5 & 6 again may need 3 - 6 times this amount.

Sunscreen use should not put people at risk of **vitamin D deficiency**.

The more skin exposed, the **more vitamin D** you make.

Staying out in the sun longer **doesn't increase vitamin D**.

Top Tip!  
During winter, go for a midday run in a t-shirt!  
**Exercise helps!**