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The Facts About COVID-19 & Vitamin D

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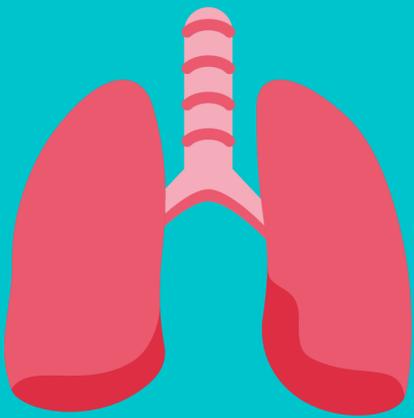
#StopTheSpread

The Facts About COVID-19 & Vitamin D

Debunking Medical Myths



About COVID-19



Covid-19 is a virus that impacts your respiratory system and lungs. Symptoms and severity of the disease are different for each person, dependent on many factors.

Symptoms of COVID-19:

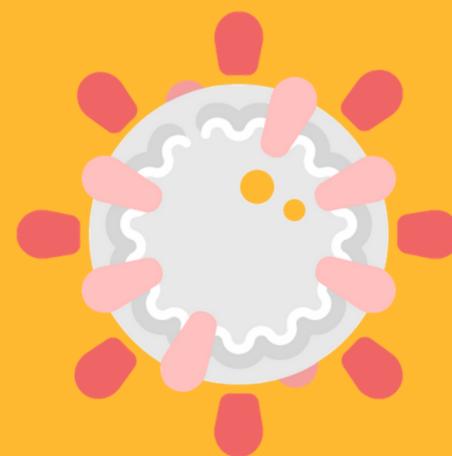
- Nausea
- Difficulty breathing
- Cough
- Confusion
- Tiredness
- Loss of taste

COVID-19 & Vitamin D

1. Vitamin D Deficiency can impact COVID-19. Having a Vitamin D deficiency can contribute to more severe COVID-19 symptoms including a higher morbidity rate, increased work of breathing and inflammation.

2. Seniors may be at risk for not getting enough Vitamin D. As people age the ability to make Vitamin D from sunlight decreases, as well as receiving less sunlight.

3. Minority groups may also have lower Vitamin D levels due to variations in melanin that impacts Vitamin D absorption.



Vitamin D Suggestions

Sources of Vit. D:

- Sunlight
- Dietary Supplements
- Egg Yolk
- Fatty Fish (trout, salmon tuna)
- Milk
- Orange Juice

Tips:

- Sit by an open window to get sunlight
- Supplementary vitamin D pills can a good way to meet improve overall levels.
- Go for a walk outside, to improve the body's production of vitamin D.

