

Vitamin D supplements

During the autumn and winter months everyone is advised to take a supplement of vitamin D every day to support general health and in particular for bone and muscle health. Many of us have been indoors more than usual this year and so might not have been making enough vitamin D from sunlight. You can find general advice on vitamin D here:

<https://www.nhs.uk/vitamin-d>

This advice is particularly important for people who have been shielding this year due to COVID-19, or who are living in care homes, because they are most likely to have been indoors over the spring and summer and so may not have been able to obtain enough vitamin D from sunlight.

The Government is offering a free 4-month supply of daily supplements of vitamin D for all adults who are clinically extremely vulnerable to support general health and in particular for bone and muscle health. If you would like to opt-in to receive your free supply of vitamin D, you will need register your details between 30 November 2020 and 4 January 2021 at the following link: <https://www.nhs.uk/get-vitamin-d>

You do not need to opt-in to receive the vitamin D supplements if:

- You are already taking, or are prescribed, a vitamin D supplement by your GP or healthcare professional
- You are currently living in a nursing or residential care home as we will provide these direct to the home where you live.

We expect to start distributing the vitamin D supplements from January 2021. Further guidance on how to safely take vitamin D supplements will be provided during the opt in process.

Please be aware that we do not hold supplies of vitamin D at the surgery and we are not able to provide prescriptions for Vitamin D for this purpose. If you feel that you would like to start taking vitamin D prior to obtaining your free supply then this can be purchased from local pharmacies and supermarkets. Thank you