



Vitamin D

The Covid-19 pandemic and lockdown measures have kept people inside more than normal, increasing the risk of vitamin D deficiency.

Public Health England advises everyone to take 10 microgrammes of vitamin D a day between October and early March.

Taking vitamin D can help improve your overall health, prevent your bones from weakening and strengthen your immune system to help prevent infection.

Have you had your vitamin D today?



Build a strong and healthy immune system
www.publichealthslough.co.uk/campaigns/vitaminD



It is especially important to take vitamin D if you are in any of these groups:

- Adults and children from "at risk" groups: the elderly, people who do not go outside and those with dark skin
- Pregnant women*
- Children up to the age of 4 years*

**Vitamin D supplements available free (or at low cost) through the Healthy Start scheme to support healthy pregnancy and births - please ask your GP, Midwife or Health Visitor or visit www.healthystart.nhs.uk*



#Fit2FightCovid

Leading a physically active lifestyle reduces the risk of various diseases, such as viral infections like coronavirus. Regular, daily exercise can enhance the immune system and help you lose weight.

Now is the perfect time to move more. Whether it's:



Heading to the gym or swimming pool*



Using an outdoor gym or doing an Active Slough session



Walking more or using the interactive park walks



Hiring one of the Slough cycle hire bikes

You can get active 'your way'

For more information or to search for activity 'your way', head to www.publichealthslough.co.uk/campaigns/fit2fightcovid