Sun exposure and vitamin D

Vitamin D is an important nutrient which people obtain largely from skin exposure to sunlight, although some is obtained through the diet or supplements.

Most people will maintain adequate vitamin D levels through their regular daily activity and incidental exposure to the sun e.g. walking to the bus. In Queensland, the UV Index is 3 or above all year round, so most people will maintain an adequate vitamin D level by getting a few minutes of sunlight most days of the week on their face, arms and hands, on either side of peak UV periods. Using sun protection methods will not stop vitamin D production, and you should use sun protection methods whenever you are outside.

Other resources:
