

Public Service Announcement

Did you take your vitamin D today?

Start Date: December 1, 2017 End Date: December 30, 2017

Nunavut-wide 30 sec

In Nunavut, the sun is not a reliable source of vitamin D. The best way to get enough vitamin D is to take a supplement every day.

- Babies under the age of two should take two drops (800IU) of Baby Ddrops™.
- Pregnant women should take a prenatal vitamin plus 1000IU of vitamin D.
- Children two to 18 years and adults over 50 years should take 400 IU of vitamin
 D in the form of a multivitamin.

Babies and children who are not getting enough vitamin D can get rickets, a disease that causes bones to soften and bend.

Baby Ddrops[™] are available for free at all health centres and Iqaluit Public Health. NIHB covers vitamin D, prenatal vitamins and multivitamins for children up to six years of age.

For more information on vitamin D visit your local health centre or the Department of Health's Healthy Living website.

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