

## Recommendation from Health & Wellness Advisor, Dr. Darrel Demello

All are strictly required to follow the basic precautionary measures as below:

- ❖ Ensure you are not careless – follow basic hygiene
- ❖ Wear your mask in public
- ❖ Social Distancing
- ❖ Washing hands regularly
- ❖ Follow travel advisory guidelines (Prescription shared 10<sup>th</sup> November 2020)
- ❖ Increase your \*Vitamin D level to Therapeutic (>60)

**\*Vitamin D Categorization: Very low: 0-20 | Low: 21- 30 | Optimal: 31- 60 | Therapeutic: 60+**

**When you are 'AT RISK of COVID':**

- *Antibody Nonreactive + Vitamin D is Low/Very Low*

**When you are 'Safe from COVID':**

- *Antibody Reactive + Vitamin D is Therapeutic*
- *Incase Vitamin D is low/very low, you still need to focus on your Vitamin D level as an Overall Wellness parameter*

<b>Risk of COVID</b>	<b>Vitamin D level is at <u>Therapeutic</u> (&gt;60)</b>	<b>Vitamin D level is at <u>Optimal</u></b>	<b>Vitamin D level is at <u>Low</u></b>	<b>Vitamin D level is at <u>Very Low</u></b>
<b>At Risk of COVID</b>	Only one dose of Vitamin D 6L Units (every month) Oral Vitamin D	Total 3 dose of Vitamin D 6L Units (every month) Oral Vitamin D	Total 4 dose of Vitamin D 6L Units (every month)	Total 6 dose of Vitamin D 6L Units (every month)
<b>Safe from COVID with Vitamin D low/Very Low</b>	Tablets every day for 6 months	Oral Vitamin D Tablets every day for 6 months		