



Health Hint article by David Coory

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Vitamin D from the sun when fully clothed

The chart below shows you in minutes, the time you need to be in sunshine (or partly cloudy conditions) between 11 am to 3 pm to get sufficient Vitamin D for optimum health for two days.

It's based on you being fully clothed, but with bare arms, hands and face. (For overcast conditions, multiply these times by 7.)

The chart takes into account your skin type and time of year. New Zealand is divided into three geographical regions from north to south.

North is from Taupo upward. Central is south of Taupo to Christchurch. South is south of Christchurch to Invercargill.

	Summer Dec-Feb			Autumn Mar-Apr			Winter Jun-Aug			Spring Sep - Nov		
Skin	Fair	Med	Dark	Fair	Med	Dark	Fair	Med	Dark	Fair	Med	Dark
North	1 min	2 min	4 min	3 min	5 min	7 min	6 min	9 min	19 min	1 min	2 min	4 min
Central	1 min	2 min	4 min	4 min	6 min	13 min	10 min	14 min	29 min	1 min	2 min	5 min
South	1 min	2 min	4 min	5 min	8 min	17 min	17 min	22 min	46 min	2 min	3 min	5 min

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