

# COUNTY OF RAVALLI



Ravalli County Board of Health  
215 S. 4<sup>th</sup> Street, Suite A  
Hamilton, MT 59840

November 02, 2021

Dear Citizens of Ravalli County,

Board of Health Statement:

The Ravalli County Board of Health, under the authority of MCA 50-2-116 (e)(vii), provides the following information to the public:

Some peer reviewed studies show a correlation between vitamin and mineral deficiencies and the severity of symptoms experienced by people who contract COVID-19. Further, studies show that people who are older and diabetic are more likely to be deficient in one or more essential vitamins. Anyone at risk, who has been exposed to or has a positive COVID 19 test, or with COVID-19 symptoms, should consult with a physician regarding deficiencies. Early testing and correction of a deficiency can affect the course and severity of a COVID-19 infection.

Vitamins and minerals are provided by food and, in the case of Vitamin D, by exposure to sunlight. Diet is an important factor in order to get the required vitamins and minerals. Over the counter supplements may be taken after consulting with your physician. TOO MUCH IS NOT BETTER. An overdose of several over the counter vitamins and minerals can, and have led to life threatening side effects.

Sincerely,

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Jeff Burrows  
Board of Health Chairman