



Associatie van Academische Werkplaatsen VB

The question below has been answered by the Academic Collaborative Centers affiliated with the Dutch Association of Academic Collaborative Centers Intellectual Disabilities. An overview of questions can be found on the [Association's website](#).

Kennisvraag

Does vitamin C contribute to milder course of COVID-19?

Antwoord

The reports that vitamin C can prevent someone from becoming infected with the coronavirus, or that vitamin C can contribute to milder course of the virus, are [unproven](#). Although vitamin C may help a bit from recovering from some colds, this association has [not been found](#) in the coronavirus. Information for the general population is equally applicable here for people with intellectual disabilities.

For reliable and up-to-date information about such messages, reference is made to the website of the [National Health Service](#).