

**RESOLUTION NO. 2021-04**

**of the Board of Lander County Commissioners**

**SUMMARY: A RESOLUTION RECOMMENDING NUTRITIONAL GUIDANCE FOR RESIDENTS OF LANDER COUNTY. THESE ARE RECOMMENDATIONS ONLY FROM THE LANDER COUNTY HEALTH BOARD AND ALL MEDICAL AND TREATMENT DECISIONS SHOULD BE MADE AFTER CONSULTATION WITH YOUR MEDICAL PROVIDER.**

**WHEREAS**, it is known by public health agencies that based upon recent National Health and Nutrition Examination Survey (NHANES) data published by the Centers for Disease Control and Prevention (CDC): 65-95% of Americans are deficient in Vitamin D, 60-84% of Americans are deficient in Vitamin E, 35-45% of Americans are deficient in Vitamin A, 37-46% of Americans are deficient in Vitamin C, and 11-15% of Americans are deficient in Zinc; and

**WHEREAS**, it is known by public health agencies that people deficient in Vitamin D, Vitamin E, Vitamin A, Vitamin C, and Zinc are more susceptible to infection, prolonged infection, hospitalization, and severe adverse events related to the pathophysiologic response to all infections including the SARS-CoV-2 virus and variants; and

**WHEREAS**, it is known based upon the preponderance of peer-reviewed evidence-based research that the inclusion of Vitamin D, Vitamin E, Vitamin A, Vitamin C, and Zinc reduces duration of infection and hospitalization; and

**WHEREAS**, evidence-based nutritional guidance has been proven safe based upon the billions of oral administrations consumed annually without cause of death or severe adverse event; and

**WHEREAS**, evidence-based nutritional guidance has been proven effective specifically for COVID-19 based upon the preponderance of evidence submitted for public record; and

**WHEREAS**, economic and mental health concerns now take precedence within our county making the safe return to in person education, the responsible reopening of small businesses, and the essential reemergence of citizens into society a county priority.

**NOW THEREFORE, BE IT RESOLVED**, that the Lander County Board of Commissioners recommends as follows:

Lander County recommends all residents discuss with their primary care providers the safety and efficacy of all nutritional guidance, before endeavoring into the use of evidence-based nutritional guidance here; and

Lander County recommends that residents utilize all evidence-based means to safely return to their pursuit of happiness including: regular hand washing, staying home when feeling ill, and

taking supplemental precautions to shore up any unknown nutrient deficiency using peer-reviewed evidence; and

Lander County recommends the following nutritional guidance as an additional option for mitigation of the infective spread of SARS-COV-2 (and all pathogenic microorganisms) by using supplementation from reputable companies with at least one of the following certifications for purity and potency: cGMP, NSF, USP, UL, NonGMO Project, or ConsumerLabs; and

Lander County recommends the following nutritional guidance as an additional tool for the responsible reopening of our community including small businesses, bedside advocate access in hospital & long-term senior care settings and the safe return to in-person education for all children:

**Seniors, Adults, Pregnant & Nursing Mothers, Teenagers**

Vitamin A (Beta-Carotene) - 5,000 IU/day

Vitamin C - 3,000 to 5,000 mg/day

Vitamin D3 - 10,000 IU/day (for 14-Days) 5,000IU/day (Thereafter)

Vitamin E - 200-600 IU/day

Zinc - 25 to 40 mg/day

\*Taken with food to minimize any temporary feelings of nausea that supplementation can lead to.

**Children Age 5 to 12**

Vitamin A (Beta-Carotene) - 5,000 IU/day

Vitamin C - 2,000 to 4,000 mg/day

Vitamin D3 - 5,000 IU/day (for 14-Days) 2,000 IU/day (Thereafter)

Vitamin E - 100 IU/day

Zinc - 25 mg/day

\*Taken with food to minimize any temporary feelings of nausea that supplementation can lead to.

**Children Age 1 to 4**

Vitamin A (Beta-Carotene) - 2,000 IU/day

Vitamin C - 500 to 1,000 mg/day

Vitamin D3 - 1,000 to 2,000 IU/day

Vitamin E - 50 IU/day

Zinc - 10 mg/day

\*Taken with food to minimize any temporary feelings of nausea that supplementation can lead to.

This Board recommendation constitutes prima facia evidence that persons and entities, including medical provider, within Lander County are not subject to findings of negligence- per-se

on the sole basis of having engaged in activities that are inconsistent with executive emergency orders related to COVID-19; and

This Board Recommendation constitutes prima facia evidence that in Lander County the hazard posed by COVID-19 is one of low probability and risk, and that reasonable precautions taken by persons and entities to minimize the virus's spread constitute good faith efforts regardless of whether such precautions are consistent with executive emergency orders related to COVID-19; and

All persons and entities within Lander County may present this Board recommendation to any court or tribunal, including proceedings before administrative bodies, as prima facia evidence of good faith compliance with relevant state and local laws and rules, including administrative rules, while engaging in activities that are inconsistent with executive emergency orders related to COVID-19.

**PASSED AND ADOPTED** this 11th day of March, 2021.

THOSE VOTING AYE:     Commissioner: \_\_\_\_\_  
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                                  Commissioner: \_\_\_\_\_  
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THOSE VOTING NAY:   Commissioner: \_\_\_\_\_  
                                  Commissioner: \_\_\_\_\_  
THOSE ABSENT:        Commissioner: \_\_\_\_\_  
                                  Commissioner: \_\_\_\_\_  
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**Kathleen V. Ancho, Chair**  
**Lander County Board of Commissioners**

ATTEST:

APPROVED AS TO FORM AND  
LEGALITY,

\_\_\_\_\_  
SADIE SULLIVAN, County Clerk and Ex-Officio  
Clerk of the Board of Commissioners of  
Lander County, Nevada

\_\_\_\_\_  
THEODORE C. HERRERA  
Lander County District Attorney