Request for Information Docket HHS-OASH-2026-0397

Public Experiences and Reported Potential Adverse Health Effects

2. I submit this comment as a concerned citizen with 2 direct years of constant EMF exposure from a buried power line along our foundation emitting excessive EMF (magnetic). In total, I now have 6 years of personal experience related to EMF exposure and health effects.

3. After moving into a newly built condo, my husband and I started to suffer from headaches, dizzy spells, high pitched & popping auditory symptoms, insomnia, brain fog, and other issues such as anxiety, irritability, heart palpitations, etc. After researching our combined symptoms and possible causes, we purchased an EMF meter and eventually identified that there was a high EMF (magnetic field) originating from a 20+ year old power line that was buried at the foot of our foundation and supplying power to the entire neighborhood(s). In addition, Dirty Electricity was also an issue in our new condo. After going before the City Council 4 times and contacting experts in the field, the power company agreed to move the powerline away from our foundation.

a. Primary issue: Power Conductor Line supplying power to neighborhood(s). Secondary issue: Dirty Electricity

b. 24/7 excessive EMF (magnetic) ranging from 12 to 30 mG (and much higher during peak demand months) at the living room floor/exterior wall up to the master bedroom and through the entire depth of the condo. The EMF dissipated to about 1.5 mG in the driveway on the back side of the condo. Exposure started in January of 2020 when we moved in and dropped significantly on January 28, 2022 when the old power line turned off and relocated further away from the foundation than its original location. However, the EMF magnetic field hovered around 0.5 to 1.0mG thereafter and we found it necessary to sell our home due to electromagnetic hypersensitivity.

c. The adverse health effects we experienced included headaches, insomnia, brain fog, auditory anomalies (ringing, high & low-pitched noises, popping sounds), dizzy spells, memory issues, heart palpitations, anxiety, irritability, electromagnetic hypersensitivity, etc.

d. The health effects first appeared shortly after moving into our new condo. We did not understand why we were experiencing these symptoms and did not know about EMF. It was almost an entire year of confusion, headaches, dizzy spells, etc. before we started to research what could be causing us these health effects and bought a Trifield EMF meter in December of 2020.

e. Confidential PHI

f. The steps we took to reduce EMF exposure from the power line included moving into the guest room (furthest from the source of the EMF) and, at night, turned off the main power breaker to minimize EMF while we slept. We continued to have symptoms but, at times, seemed less severe. For the EMF exposure from the dirty electricity, we had the electrician remedy by rewiring the bundled neutrals in the electrical panel (this was the easy fix).

g. Exposure logs with readings throughout the house and pictures and videos recorded.

Exposure Standards and Risk Assessment

5. Please consider reviewing international exposure standards and building biology guidelines to establish regulatory frameworks to evaluate potential adverse health effects of human exposure to EMF.
For example: 2012 BioInitiative Report's precautionary guidelines and the Building Biology Precautionary Guidelines for Sleeping Areas (SBM-2015). pdf

- AC magnetic fields .2 – 1 mG
- AC electric fields .3 – 1.5 V/m
- Body voltage less than 10 – 100 mV
- Radio Frequency radiation less than 10 μW/m²

Also refer to: EHS & MCS website: EHS & MCS - Research and Treatment European Group - Electrosensible - Recherche et traitement

Also refer to: Building Biology Institute: Healthy Buildings For Sustainable Living - Building Biology Institute and their 25 Building Principles 25 Building Biology Principles - Building Biology Institute

n. Please consider establishing guidelines and regulatory standards for proximity of power lines, sub stations, cell towers, etc. In addition, educate the general public about hazards of all types of EMF and what they can do to minimize exposure. With cell phones, require lower SAR and require all cell phone and wireless radiation to post their SAR levels along with possible health effects. For Power Conductors and Sub Stations, establish safe limits and do not allow day cares, nursing homes, homes, or places of business to be built within at least 100 feet (refer to California's standards on this – that is one thing they did right!).

o. Additional research is desperately needed to develop, test, and evaluate the effectiveness of procedures and techniques for minimizing exposure to electronic product radiation. The largest gaps of knowledge exist because power companies, carriers, tech manufacturers conduct their own studies and bury anything that is contrary to their profit margin. The largest gaps exist with the POWER COMPANY INFRASTRUCTURE. Many underground powerlines have concentric neutral failure which causes a much higher EMF magnetic field which can't be blocked. High

voltage electricity towers emit high EMF and the power companies often created “green space” parks, sports complexes, walking and biking trails within high EMF zones and because people can’t “see” EMF, are unaware of the dangers of EMF. Significant EMF research is needed to prioritize and appropriately evaluate current or future national and international exposure standards, guidelines, or regulatory frameworks for ALL types of EMF. Some EMF can be blocked while other EMF can’t be blocked.

p. A classification system for exposure-related characteristics, including operating frequency, power density, specific absorption rate (SAR), electric- and magnetic-field strength, modulation and pulse characteristics, duty cycle, beamforming, simultaneous exposure to multiple frequencies, duration of exposure, distance from the source, proximity to the body, and cumulative exposure over time should be established by meeting with BUILDING BIOLOGISTS and experts in the field who have been previously suppressed. Refer to California’s setback requirements for Power Lines.

6. It is difficult to say what true scientific evidence exists about potential adverse health effects caused by current exposure limits because any studies that were done (for example, high prevalence of childhood leukemia or cancers near powerlines were dismissed and suppressed by other studies funded and replaced by the power industry). In terms of cancer, do a thorough analysis of Glioblastomas and Bluetooth headphones in addition to other cancers related to distance to power line and cell towers.

Measuring Human Exposure and Public Health Surveillance

7. Commit to developing additional criteria and study to accurately characterize individual and population-level EMF radiation exposure? Not just RF – but power line EMF magnetic field exposure as well.

8. Better exposure assessment methodologies are needed to best evaluate real-world exposure conditions.

9. ALL technical and exposure-related information should be disclosed to consumers, residents, workers, schools, healthcare providers, and local governments.

10. Medical records and census data could be reviewed to monitor potential adverse health effects associated with RF radiation exposure. In addition, additional data sources and surveillance systems should be developed to collect EMF (of all types) readings and compare to health issues (disease clusters) in the proximity closest to EMF emissions.

11. Exposure assessment and risk evaluation should differ for sensitive populations and the entire population.

Existing Evidence

12. If there is any scientific evidence exists regarding potential adverse health effects associated with RF radiation exposure at levels below current federal exposure limits, I wouldn't trust it. Begin again. Look at other countries that take it seriously as a good starting point.

Federal Research Priorities

16. The highest priority research gaps regarding EMF and RF radiation and public health that the federal health agencies should address is INFRASTRUCTURE / Power Company regulatory compliance with upgrading old power lines and assessment of concentric neutral failure. Lines need to be dug up and inspected at 10 year, 15 year, 20 year and beyond. Most power companies say the lines are good for 60 years but the copper neutral (that minimized the magnetic field) degrades sooner than that. In addition, BUILDING SETBACK Requirements in the USA should, at a minimum, match California!

17. How can federal health agencies improve coordination of EMF and RF radiation research? This is a loaded question. Public trust is low in FDA, NIH, and CDC. Start over.

Additional Information

18. Thank you for taking this on! Consider the following information (will supply more if requested):

- Risks to Health and Well-Being From Radio-Frequency Radiation Emitted by Cell Phones and Other Wireless Devices - PMC
- Personal exposure to radiofrequency electromagnetic fields: A comparative analysis of international, national, and regional guidelines - ScienceDirect
- https://buildingbiologyinstitute.org/wp-content/uploads/2023/03/SBM_2015-v1.pdf

I recommend HHS fund targeted research on EMF (magnetic) Overhead and Underground High Power Line safe setback distances & maintenance of infrastructure, regulations, and compliance. I urge HHS to issue interim consumer guidance on the many EMF sources and ways to mitigate exposure to all age groups (power sources, electronic devices, WIFI, etc.