Comment

I am submitting this comment in response to HHS's Request for Information on Electromagnetic Fields (EMFs), Radio Frequency (RF) Radiation, and Wireless Radiation Exposure.

I am responding from the perspective of an individual with Electro Hyper Sensitivity caused by exposure to all of the above.

My home for over 30 years had been New York, a city I loved and thought I would never leave. In June 2017, however, my life changed dramatically. I began experiencing distressing symptoms when walking in the city, taking public transit, and entering some buildings. These became increasingly debilitating, including vertigo, ringing ears, nausea, stinging face and eyes, aching muscles, pounding heart, chest pain, strange headaches, vibrating teeth, mental fog. I felt off balance and dizzy when walking by Wi-Fi kiosks recently installed up and down the Avenues and began to suspect my body was reacting to the intense build out of public and private Wi-Fi throughout the city. In an online search I discovered a condition called microwave sickness, which corresponded to my experience. This was later confirmed. The cumulative load of microwave frequencies from Wi-Fi and cell transmissions had pushed my sensitive body over the tipping point into electro hyper sensitivity, also known as microwave sickness.

As months passed and more wireless technology was installed in the city, my symptoms worsened and became systemic, affecting digestion, circulation, and general well being. I lost protective fat and tone throughout my body and nearly half of my hair. After having good health most of my life, exercising and eating a healthy diet, this was an unbelievable, frightening situation. I felt best in my apartment where modem, computer, and phone were hard wired and walls were covered with multiple layers of the miracle fabric, Swiss Shield, which blocked incoming RF radiation from neighboring apartments and buildings. Outside, the city was being taken from me. Office buildings, restaurants, shops, museums, buses and subways, even parks became off limits as combined wireless radiation was too intense to endure. Most distressing, I could no longer travel by plane or other public transit, nor could I visit friends in their apartments.

My doctor urged me to move to a low EMF location as soon as possible, where my body might heal or at least stop deteriorating so rapidly. The search and ultimate relocation was very costly due to the pressure to relocate and then rewire a home for my extreme electrical sensitivity. I feel much healthier out of the electro smog in fresh air, but have ongoing health issues and declining health due to the condition, cannot visit friends and neighbors with Wi-fi and cellular frequencies in their homes, go to restaurants, attend public meetings and events, etc. - basically live a normal life in the world - and there is looming worry that no location will be safe if wireless expansion continues unchecked, without regulation to protect human health.

Developing electro hyper sensitivity has been life altering for me, and the fact that the general public is unaware of the latent harm they are exposed to daily is unconscionable. Perhaps I am lucky my body became so sensitive to wireless radiation in New York City. I immediately felt, for example, the unbelievably high radiation from a new antenna attached across from my building at window level in 2019. A Safe and Sound Pro II meter confirmed what I felt. Its lights flashed red rapidly – a sign of highest danger – RF readings more than 1000x extreme levels. I could only visit the apartment briefly from that point on. It became an expensive storage space until all could be moved to my new location. Former neighbors likely still have no clue of the cumulative danger of living on a high floor on that side of the building. Any mention in conversation that I was sensitive to wireless radiation was met with suspicion, not concern. They, as most U.S. citizens, trust that the FDA and FCC ensure wireless technology is safe, that it is benign and a wise choice for communication throughout the country. Over the past 8 years I have learned the extent of this sad, tragic fiction.

K Carlisle