I am submitting this comment as an individual to share my personal health experience and to ask HHS to give serious consideration to people who report health effects they believe may be associated with RF/EMF exposure.

My experience began in approximately 2018, after wireless utility meters were installed near my home. Before that time, I was healthy, working, running my own business, traveling, and functioning independently. Within a relatively short period after the meters were installed, I began experiencing symptoms that were very unusual for me, including nausea and vomiting, severe insomnia, palpitations, migraines, tinnitus, dizziness, balance problems, weakness, whole-body tingling and numbness, burning eyes, temperature dysregulation, and profound fatigue. I also developed persistent numbness and pain in my hands and feet and difficulty concentrating and functioning normally.

Over time, these problems became severe enough that I was no longer able to work. Activities that had once been ordinary became increasingly difficult. I have had difficulty typing and using my hands, difficulty sleeping, and periods of weakness and dizziness that have affected my independence and my ability to safely carry out everyday activities.

My medical records contain documentation concerning effects from electromagnetic fields/ radiation, as well as chronic fatigue and neuropathy. I have continued to seek medical care and evaluation for these problems.

One of the most significant observations in my experience has been what happens when I am away from my home environment. During periods when I have stayed elsewhere, including a period at my sister's home where there were no smart meters, I experienced noticeable improvement in my symptoms. I have also noticed improvement during shorter periods away from my home. I recognize that these observations alone cannot establish causation, but the repeated difference I have experienced is one reason I believe this warrants further scientific and public-health investigation.