My name is Connie Anderson, and I'm a middle-aged woman (48 years old) from Berkeley, California. Until recently, I worked as an editor, for the state government and earlier, for McGraw-Hill Higher Education. I have a PhD in French Literature from UC Berkeley and worked as a college professor of French for many years. For the past two and half years, I have also been a daily caregiver (along with my mom) for my elderly father, who has serious health problems.

Microwave sickness (aka, electromagnetic hypersensitivity [EHS]) hit me like a hammer blow in early June 2017, a year ago. It was a no-brainer to make the connection between my symptoms and their cause: when I had my (brand new) iPhone on, the pain in my head would immediately commence. When I kept the phone on airplane mode or powered it off, the pain went away or didn't arise. I had had glimpses of the same pain for several years, but only when using our cordless phone. At the time, I attributed the pain to a poor quality phone and avoided using it. In April 2017, I began to feel that pain anytime I used my iPhone at my ear; when my jack broke, it became hard to avoid using it at my head in certain circumstances. (I discovered that if I removed my earring in the ear near the phone, the pain wouldn't be quite as bad.) Then the perfect storm hit me over a one-week period: I experienced extreme emotional and physical stress, associated with being a caregiver, along with a high increase in radiofrequency (RF) radiation (activation of my new iPhone and Comcast doubling our Internet speed). Soon, just having my iPhone connected and reading my email triggered the pain. Soon thereafter, I could no longer be anywhere near my phone in the house unless it was on airplane mode or powered off. Before long, I could even feel the smartphones of our next door neighbors and their workers (who were building a porch about 20 feet from where I worked in my living room), even when the phones were just connected, and not in active use.

During the first couple of weeks, the burning pain and pressure in my head were preceded by a very unpleasant, dizzying sensation accompanied by a very faint, oddly metallic smell. Since we live in an area with poor reception, the cell phone signals here are particularly strong. I couldn't work when they were working on the porch. But when I went to the nearby regional park that has almost no cell phone reception and thus no RF, my symptoms would quickly subside and I'd feel fine (as long as I avoided people there too, since the signals are even stronger there).

A small and very accurate RF meter (Acousticom 2) that I carry with me everywhere I go invariably reveals an extremely high level of RF (1.0 v/m to 6.0 v/m or higher) in any place where I feel the strongest symptoms. And the places where it measures low RF levels, I feel fine, unless the electric fields (EFs) or magnetic fields (MFs) are at an unhealthy level (I have meters to measure those too now). I have *no doubt* about the correlation between my symptoms and exposure to high RF (as well as high EFs and high MFs).

Exposure to high EMF levels (of which high RF is the most prevalent and the most lethal for me) now triggers a range of possible symptoms in me. The most common one (and generally the first one to appear) is painful "buzzy" pressure in my head (temples, cheekbones, or sides of head near my ears, especially on the right side). It feels as if my head were in a slowly tightening vise. This occurs when I'm near a connected smartphone, a cordless phone base, or in high ambient RF (such as WiFi), as well as high MFs (which are quite rare, except in our house). Depending on the phone or the strength of the WiFi, it can take from 1 to 20 minutes for the symptoms to set in strongly. If I'm just a few feet away from someone who is talking on a smartphone, I *immediately* experience terrible burning pain in and around my right ear, and that pain will linger with me till the end of the day unless I'm able to go to my

shielded bed canopy or to the local park (mentioned above) for a half an hour to recover. Sometimes, it feels as if my eardrum is expanding and will burst. At other times, it's like an earache, a searing pain in my ear that starts as a small pinprick sensation and soon grows intense and broader. Needless to say, I don't have a smartphone anymore!

Along with the pain in my head, I invariably develop brainfog: poor short term memory, slow mental cognition, and difficulty speaking. In addition, I often become very irritable and short-tempered with both family and strangers (not at all my normal temperament). Deep fatigue is another frequent symptom: I find myself yawning deeply, after I've entered a zone high in RF, even if my energy level had been fine up to then. Prolonged high exposure often causes increasing tenderness in the area under my ear, down into my neck. Finally, when exposed to high RF and/or high DE, I sometimes feel a constriction in my chest (especially when I used to work on my iMac). Recently, I have begun to experience some new symptoms too (though still rarely): tinnitus and light-headness/vertigo. In short, high EMFs and especially high RF exposure cause a whole-body/mind effect on me.

Microwave sickness has completely turned my life upside down. About two weeks after it started to develop, I had to stop going into the office altogether, and work entirely from home. (I also had to stop attending the church I've gone to for decades and find a new pool to swim in, because both were located across the street from multiple cell phone antennas: the Yahoo support group for people with EHS is very aptly named "EMF Refugee.")

In February of this year, I began to develop increasing sensitivity to another form of electricity, "dirty electricity" (aka electromagnet interference [EMI]), emitted by almost all computers and modems emit at high levels, as well as any energy-saving technology (LEDs, dimmers, solar panels, etc.) produces. Even after eliminating most internal sources of DE, our house is filled with a high level of it coming in from the neighborhood electrical grid. In March 2017, I had to stop working from home and take a leave of absence from work. In June 2017, I had eliminated our WiFi router and hardwired my computer to the internet, but I became intolerant of the high level of DE riding the wires in our house (it was a cold winter, unfortunately, so we used the heater a lot).

At the same time as I have seen a huge income loss since developing EHS (my SDI payments are much lower then my usual pay), I have had to spend many thousands of dollars to deal with my condition. I have done my best to make my home a semi-tolerable place to live and to find effective treatment: a bed canopy, shielding film on the windows, all sorts of new equipment to ameliorate my computer setup, consultations from three EMF consultants and with the one doctor, an MD, in this area who treats people with microwave sickness.

EHS is very aptly referred to as technological leprosy. Already, many places and events are off limits because the RF is too high for me: movie theaters, concert halls, most churches, stores that provide WiFi to their customers (such as REI and Whole Foods), most restaurants and cafes, and post offices. I will probably never go to San Francisco again, nor will I fly, take a train, or travel on any form of public transportation. Uber and Lyft are also off limits to me (for obvious reasons, drivers can't power off their phones). A 5G rollout will further restrict my already limited radius of movement and alienate me from others.

I can only visit a couple of my friends in their homes, since if those who live in apartments or condos

can't temporarily lower the RF level enough for me (their neighbors' WiFi keeps the RF level too high). Other friends live too close to cell phone antennas and towers for me to visit them. I have to meet most of my friends in a couple of regional and city parks where the RF is still low enough. With a massive 5G rollout, the few remaining oases I have would most likely disappear. Even if by some miracle they remained tolerable, I likely wouldn't be able to get to them without sustaining extremely high RF levels en route. I would become essentially a prisoner in my home, possibly even a prisoner in my bed canopy, the only place in the house where I am completely shielded from RF (and Efs too).

I had to change my primary care physician and find someone who was open to my condition *and* whose office had a bearable level of RF (by a minor miracle, I found someone who met both conditions). I have learned of a number of medical practitioners whom I cannot go to for treatment because the WiFi in their office is too strong or they are located too close to cell phone antennas or towers. When I go to the dentist (or anywhere, for that matter), I am at the mercy of other patients around me who generally all want to keep their phone connected (and use it) while they are getting seen or waiting for their appointment. Some people are willing to accommodate me, but it is never a pleasant thing to ask someone to inconvenience themselves for me, a stranger. And in most places (a crowded doctor's waiting room, or a bus, or a subway platform or car) it's not feasible to ask everyone to power off their phones. Instead, I just leave, or I stay and get badly zapped. Every stranger (and friend too, actually) whom I encounter in public is a threat, a source of pain: "Do I dare to ask this person to power off their wireless devices for me and risk disbelief or ridicule?"

Carrying out my duties as a caregiver for my 92-year old father has become extremely difficult. When my dad had to go the ER recently, for the first time, I was not able to be an effective health advocate for him. My mom (who is practically deaf), was the only person who could go to the front desk and complain or ask for information. I wore a protective head hood in my dad's ER room, but it only shields me so much *and* makes everyone think I'm crazy. Plus, I can no longer accompany my dad into the consultation rooms of most of his doctors. (There is no one who can take my place as his health care advocate.)

The world is already a dangerous and painful enough place for me to negotiate, *without* increasing the RF by a quantum leap, as 5G will do. I dare not imagine the full ramifications of 5G. The world would be a truly terrifying place for me. Indeed, I don't think it's apocalyptic to predict that I probably would not survive for long.

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