June 25, 2018 My name is Margaret Phillips. I am a master's level psychotherapist and I also hold a Master's degree in Public Health from Boston University.

Over the past three years I have become sensitized to the electromagnetic fields (EMFs) emitted by wireless devices. My first symptom was a nagging pain behind my right ear which lasted for several months, and which conventional medicine was not able to successfully diagnose or resolve. One day I wondered whether the pain might be related to the Bluetooth headset I was using- which I always hooked over my right ear. I tried switching the headset to the left ear- and felt the same pain on that side within a few minutes. After repeating this experiment a few times over a few days, I stopped using the Bluetooth headset altogether. Soon after this, the pain on the right side (which had become chronic) resolved "all on it's own." Not long after that, I began experiencing pain and buzzing in my hands when I was holding a cellphone, or using my computer keyboard. Now I use my cell only for emergencies (on speaker phone), and I have a pair of shielded gloves that allow me to work on the computer.

I also get symptoms from wireless signal- even when I am not touching a device. The last time I had to spend some cumulative time (over an hour, with breaks) in an Apple store getting my computer fixed, I began having trouble thinking clearly after about 20 minutes; after I got home, I was so dysfunctional that I couldn't leave the house for 2 days afterwards. I was also experiencing insomnia and cognitive blurriness at home which improved dramatically when we turned off the wireless internet and switched to a wired connection. Shielding my bedroom improved my sleep even more, and also had a positive effect on my daytime energy levels and mood.

As part of sorting this all out, I bought a meter that measures radiofrequency (RF) in the ranges commonly used by wireless devices including cell phones and routers. I discovered that I sleep well enough at RF levels under 0.02 volts/meter. (I sleep better under 0.01, but that is hard to achieve). At levels above 0.02, I don't sleep well at all, I get headaches, I get irritable, and I have a lot of trouble thinking clearly. In my bedroom, I have been able to achieve RF levels under 0.02 v/m by shielding my windows with fabric and sleeping under a sheet made of shielding material.

I bring all this up as an indicator of the impact that a higher level of local cell signal (such as would be introduced by neighborhood 5G infrastructure) will have on my life, my ability to function, and possibly my ability to stay in my home. Verizon recently proposed installing a "small cell antenna" (of the kind that will be widely distributed for 5G signal) near my house. As part of my attempt to investigate the impact this might have, I brought my meter to a location where they had an antenna already up and running. Compared to the ambient signal in my neighborhood (from local towers and neighbors' wifi), this antenna gave off a much stronger signal at comparable distances. (I'm sorry I don't still have that measurement, but it was enough to really scare me.)

The antenna I tested was a 4G antenna; 5G is a higher frequency and will require an even stronger signal. I've already done what screening I can- I don't know what else I would be able to do to reduce RF signal coming into my bedroom when I sleep. And then there is the rest of the house, and the yard- where exposure would be higher, but I where would not be able to screen. Given the ubiquitous presence required by the technology for a 5G infrastructure, I'm not sure there would be anyplace else I could go to be free of these symptoms, if these mandates are passed.

Thank you.

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