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I am a 67-year-old woman in excellent health. I have no chronic illnesses, take no drugs and use no alcohol. I did, however, suffer a traumatic brain injury at birth. Umbilical cord strangulation during my delivery resulted in profound sensorineural hearing loss in one ear and related ocular-motor-vestibular issues. I was also left with multiple unusually acute sensory awarenesses. For example, like the canary in the coalmine, I am always the first to smell a dangerous gas leak. None of these exceptionalities compromise my life, my career, or my social relationships.

It was not until the early 2000's when my neurological sensitivities became more than curiosities. I could no longer avoid environmental chemical "insults" to my central nervous system. I adversely reacted to the growing number of formaldehyde-laden building materials and unhealthy synthetic fragrances prevalent in many consumer products.

I became aware of my EMF perceptivity, secondarily. I had used hard-wired devices without a problem, so when wireless technology became commonplace, I did not believe what I was experiencing was possible. Having an immediate reaction without knowing that the person sitting next to me had an active cellphone or that my library had recently installed a new WiFi site, convinced me. The initial physical sensation is feeling as if I am a silent tuning fork. Depending upon the strength of the signal, I also experience pressure in the injured portions of my brain, a headache, mental confusion, and agitation or exhaustion. I attribute these responses to the hypersensitivity of my central nervous system caused by the cerebrovascular incident at birth.

With the worst EMF or chemical exposure, a kind of semi-paralysis can occur. At that moment, I know *who* I am, I know *where* I am, I know *what is happening*, but I am unable to think clearly, speak coherently, or act. I need to be told what to do in order to leave the area immediately. Luckily, so far, I have recovered quickly and completely when "triggers" were removed.

Over time, I have become less and less able to avoid EMF and chemical exposures. (The ADA accommodations I had at work were no longer practical for my employer and I was forced to take an early retirement at reduced pension.) Fortunately, I have had the financial resources, intelligence and strong social-emotional skills to remain well by using a strategy of strict avoidance. This, of course, has severely limited me and my life.

EMF and chemical exposure prevent access for people like me to most health care providers, public bathrooms, buildings, gatherings, and some outdoor spaces. When the world was far less chemically and electromagnetically polluted, I was someone who was able to live life with invisible disabilities. Now, I am fearful because the safety of my isolated, rural home appears to be threatened. As a long-time Rhode Island resident, I am especially concerned about the rapid increase in local cell phone towers and the possible installation of 5G small cell antennas and smart-meters.

