TIPS TO REDUCE YOUR WIRELESS RADIATION EXPOSURE

WHERE & WHEN

Keep a distance. Avoid holding your cell phone or cordless phone near your head or body during phone calls. Don't carry your cell phone in your pocket, in your bra, or close to your body when it is powered on. Especially keep the phone away from your head and reproductive organs. Use speakerphone, text, or wired headset. Avoid talking longer than necessary.

Wait for a good signal. When the signal is poor, your wireless devices emit more radiation so avoid use when surrounded by metal such as in an elevator, or while travelling in automobiles, buses, trains or aircraft.

Reduce secondhand exposure. Reduce the time you spend in locations where many people are using cell phones in close proximity to each another, especially on public transit.

Turn off wireless devices at bedtime. Turn off your cell phone, Wi-Fi router, and other wireless devices at bedtime and at other times when not in use.

WHO & HOW

Minimize children's use & exposure to wireless radiation. Children's health risks are greater so limit their use of cell phones and other wireless devices. Turn off Wi-Fi and cellular on devices used by kids. Teach children to use wireless technology safely.

Pregnancy & fertility. If you are pregnant or planning for a baby be especially careful as wireless radiation exposure is linked to reproductive health effects and also to sperm damage. Do not use a wireless tablet or laptop in your lap.

Use airplane mode. Turn off cell phones and other wireless devices when not in use or switch to Airplane Mode. Turn off Wi-Fi and Bluetooth when not in use.

Use wired connections. Use a wired, land line phone whenever possible. Forward cell phone calls to your land line and check on them when you get home. Use wired Internet connections.

TAKE ACTION

Electromagnetic hypersensitivity. If you think you are developing allergic symptoms from wireless radiation exposure, keep a log of your exposures and your symptoms. Then reduce your exposures for two weeks, and see if your symptoms are reduced. Discuss the results with your healthcare provider.

Governmental action is essential. Send the *International EMF Scientist Appeal* (**EMFscientist.org**) to your elected representatives. Ask them to adopt policies to make wireless technology safer. Encourage them to fund education and research through a modest fee on mobile device subscriptions (e.g. a nickel a month). Work with others to get schools to remove Wi-Fi and provide students with Internet access via wired networks.

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