In response to the US DHHS Request for Information on Electromagnetic Fields (EMFs), Radiofrequency (RF) Radiation, and Wireless Radiation Exposure, I am submitting information based on my own individual experience (**2**), living in Yorkshire, UK. The references in bold type in my text are my attempt to link my comments to the questions specified in the Request for Information.

I was diagnosed with Multiple Chemical Sensitivity (MCS) in 2000. From the mid 2000s I realized from comments from others that I was vulnerable to developing sensitivity to RF EMFs, so tried to keep a suitable environment in my home – infrequent use of mobile phone, no cordless telephone, computer all cable connected.

In 2009, after a situation away from my home where I had been sitting for two hours in a room where a cordless telephone was in use, one hour later when I was walking in a city centre street close to buildings with mobile phone base station antennae on their roofs, I experienced a very severe headache. From this time onwards I always had symptoms of headache (**3c**) and tightness in the lymphoedema in my legs (**3c**) whenever I was within direct line of sight to mobile phone base station antennae (**3a**), even when the distance was as far as 1 mile, or when in close proximity to a mobile phone in use (**3a**). The symptoms would be noticed within one minute of being in any significant RF EMF exposure (**3d**) and usually subsided within a few hours of being at home (**3b**), except when the level of exposure was severe, when sensations all over my body were occasionally experienced during the night following on from a bad exposure (**3d**).

Measurements with an Acoustimeter (EMFields RF Meter model AM-10) helped me determine that I would experience symptoms for any reading of 0.05 V/m and/or 1 $\mu W/m^2$ or greater (**3g**).

In 2003-4 I had developed swelling in my legs, first in my right leg and one year later in my left leg. This was diagnosed as Primary Lymphoedema, not cancer related. Later, the experience of a strong feeling of tightness in my legs (**3c**) when exposed to RF EMFs from mobile phones and wi-fi indicated that electrical sensitivity was probably involved.

Around 2010 I had times of waking in the night with the skin on my lower legs pink, after having been for a long walk in a rural area the previous day. Two occasions, following walks from the same car park, in a valley with a mobile phone mast at one end of the valley, showed that the pink skin seemed to correspond with RF EMFs linked with the mobile phone mast. Returning to the car park, walking along the valley facing towards the mast, the skin on the front of my legs was later pink. By contrast, returning along the valley with my back towards the mast, the skin on the back of my legs was later pink (**3d**). The pinkness always subsided within 24 hours at home (**3b**).

After these experiences I made myself under-trousers from Swiss Shield EMF shielding fabric. After this I never again had the experience of pink skin after a walk, and the tightness in my legs in response to RF EMF exposure was reduced (**3f**). I made myself a helmet style hat from cotton fabric lined with Swiss Shield fabric, and started wearing this all the time. I was surprised and relieved to find that my times of experiencing headaches went down by about 80% (**3f**).

In 2013 I was able to move from my previous semi-detached house on an urban estate to a detached house in a semi-rural area. Here the level of RF EMFs in the house is below the level of detection by the meter, ie less than 0.02 V/m. Having lived in this house for 13 years my sensitivity to RF EMFs is much reduced (**3f**). However the level of RF EMFs in most areas has increased, so I feel uncomfortable in any town or city centre where there is intense mobile phone activity and wi-fi coverage, my legs feel heavy and I have to concentrate to walk in a straight line. (**3b**)

I keep the level of RF EMFs in my home very low by not using a smart phone (but have a basic level mobile phone for use in emergencies), have no wi-fi coverage, my desk top computer is all cable connected, as is the home telephone (connection via broadband). The components of my computer (base unit, monitor, keyboard, mouse) are positioned so that I can sit a good distance from the monitor and base unit. There are no smart meters or any smart appliances. The house is set back from the road and is separated from neighbours by tall thick hedges. (**3f**)

The one time when I tried out a smart hub, as a potential method for broadband connection, as soon as the electronics warmed up and started operating, my legs went extremely tight (**3b**). The Acoustimeter showed 250 $\mu W/m^2$ (**3g**). After this the degree of electrical sensitivity in my legs had increased and took several weeks to gradually fall back to the previous low level. My broadband connection is now via a modem/router with all cable connection, wi-fi turned off and no DECT emission.

I have mentioned to GPs on various occasions about my experiences of sensitivity to RF EMFs. In view of my diagnosis of MCS, the electrical sensitivity is accepted as an extension of my chemical sensitivity experiences, but they feel unable to make any further comment (**3e**).

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