



CELL PHONE SAFETY TIPS

- **NEVER** hold your phone directly against your head.
- When **TALKING**, use the speaker setting or an air-tube headset.
- **TEXT** instead of talking whenever possible.
- Make only **SHORT** or essential calls.
- Use **AIRPLANE** mode when not in use, with all radiation-generating functions turned off (e.g. blue tooth, wi-fi, locators, hot spots, etc.).

• **Keep your phone out of pockets, socks and bras.** Phone manufacturers warn users not to hold wireless devices against the body.

• **AVOID** using a **cell phone** in cars, buses, trains and elevators as it works harder to get a signal through metal, increasing power levels and radiation exposure to all occupants.

• **The weaker or lower your signal bars**, the harder your phone works, producing higher levels of radiation.

• Download movies, then switch to **AIRPLANE MODE** to watch without radiation exposure.

• **NEVER SLEEP** with your phone on or near your bed. Plug it in to charge in another room - don't charge wirelessly.

PROXIMITY IS EVERYTHING!

Keep a safe distance from all radiation-emitting devices. Exposure to radiofrequency (RF) wireless radiation has been proven to be harmful.

Safety Tips for Tech at Home

• **Cordless Phones** emit radiation similar to a cell phone and the charging base is a constant source of radiation. **REPLACE** with corded or "land line" phones.

• **Wireless Wearables**, including ear buds, headphones, watches, and fitness wristbands also emit radiation which is more easily absorbed into your body from direct contact. **CONSIDER THE RISKS** before purchasing!



• **NEVER** use wireless laptops or tablets **ON YOUR LAP**, which is in close proximity to reproductive organs. Use an Ethernet cord for these devices (with an adapter if necessary). Always use on a table!

• **CONNECT** keyboard, mouse, speaker, printer and other work space accessories to your modem using an Ethernet cord. Make sure WiFi and Bluetooth are also turned OFF!

• **Virtual reality and gaming consoles**, controllers and accessories are used on or in very close proximity to the body. **USE WIRED CONNECTIONS** for optimum performance and safety.

• **ALWAYS UNPLUG** or **TURN OFF** routers at night or when you are not using them. WiFi-free modems can eliminate this step.



• **BLUE LIGHT** from screens can be harmful. Use a blue light blocking screen cover or blue-blocking glasses, or download software that reduces blue light and flicker.

Information obtained from: American Academy of Pediatrics, Physicians for Safe Technology, California Dept. of Public Health, Safer EMR

For more information, including recent scientific studies, please visit www.Grassrootsinfo.org/cell-phones

