Cell Phone & Wireless Safety Tips
Reduce Your Exposure
WWW.MDSafeTech.org

Recommendations for safer use of wireless devices

• **Keep cell phones away from the head**: Use speaker phone or air tube wired earbuds. Avoid wireless ear buds
• **Distance Matters**: Keep wireless devices away from the body- tablets and laptops on the tabletop, not on the lap. Standards are **7 inches (20 cm) away** from the body
• **Signal Strength Matters**: If the signal is weak reduce phone use as radiation is higher
• **Time Matters**: Make only short or essential calls on cell phones
• **Babies and Kids Matter**: Do not let babies or young children use a cell phone, tablet or laptop. Children should use a cell phone for emergencies only
• **Airplane Mode for Kids**: Download movies first then watch in airplane mode
• **Airplane Mode if cell phone is on your body or you are not using the phone**: Do not put your cell phone in a bra or pocket unless on Airplane Mode
• **Avoid sleeping with your cell phone next to your head** or as an alarm unless phone is on Airplane Mode (it still works as an alarm when on Airplane Mode)
• **Turn off Wi-Fi router at night** and plug into an on/off surge protector for ease of use
• **Convert back to a wired connection** in your house. It is easy. Visit EMFAnalysis.com
• **A cordless phone has essentially the same radiation as a cell phone**. Use the landline for long calls. Replace the DECT phone as base radiates wireless radiation as well.
• **Keep your landline if you have one and try to resume landline service if you can.**
• **Do not keep router in the bedroom or near child’s room**. The farther away the better.
• **When traveling in a bus or car** download games or google map then turn your devices on airplane mode as the radiation is much higher as the device connects and disconnects to different cell towers as you move.
• **In the car** try not to use devices and turn off **bluetooth** if not in use as radiation levels in the car increase by a factor of 2 or more.
• **Remove your Smart Meter** and switch back to analogue with a human meter reader. Call local utility company or in California call PG&E at 1-866-743-0263 and ask to Opt Out. 24 states now have opt out option.
Resources

1) “Overpowered” by Martin Blank (2014)
2) “Reset Your Child’s Brain” by Dr. Victoria Dunkley-(2015)  www.Dr.Dunckley.com
3) “Disconnect” by Dr. Devra Davis (2010)
4) “Zapped” by Ann Louise Gittleman (2010)
5) “Screen Schooled” by Joe Clement and Matt Miles. (2017)
6) “The Big Disconnect” by Catherine Steiner Adair
8) The Baby Safe Project-  www.babysafeproject.org
9) “Mobilize” a documentary about cell phone radiation  www.mobilizemovie.com
10) Environmental Health Trust at  https://ehtrust.org

https://www.cdph.ca.gov/Programs/CCDPHP/DEODC/EHIB/CDPH%20Document%20Library/Cell-Phone-Guidance.pdf

https://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx

11) Physicians for Safe Technology for Scientific Literature at  MDSafeTech.org

Background: There is substantial and increasing research showing that non-ionizing (microwave) radiation acts as a biological toxin. These microwaves are emitted from wireless devices we commonly use such as cell phones, tablets, laptops, wireless routers, cordless phones, Smart Meters and cell towers. There are now many Baby Products on the market that are wireless. While short exposures may not cause symptoms or noticeable harm, we are now continuously and increasingly exposed to this non-ionizing radiation with an increasing mix of frequencies and at higher power. Damage to cellular structures is cumulative. The California Department of Public Health, the American Academy of pediatrics and an increasing number of physicians and scientists are advising reducing your exposure to all wireless devices.

Biological harm demonstrated: Microwave or radiofrequency radiation is absorbed in water and passes through the body to a variable degree depending on the frequency. Effects demonstrated in the scientific literature includes DNA damage, reproductive harm (sperm, ovary and embryo abnormalities), inflammation/oxidation, lower melatonin levels, immune dysfunction, stress protein synthesis, damage to the brain and nervous system, brain cancer, cancer promotion, harm to wildlife and plants. Studies show about 18% of the population now has mild to moderate electrosensitivity, reporting symptoms including headaches, fatigue, sleep disorders, heart palpitations, memory problems when around wireless devices.

Increasing exposure: We are increasingly exposed to a number of wireless devices in our homes and workplaces. These devices act as small cellular antenna similar to a cell towers that emit and receive information via radiofrequency radiation but at a lower power.

Current FCC safety standards are obsolete as they are based only on heat and not biological effects seen in lab and human experiments at far lower levels than currently allowed. Children are more vulnerable as their bodies are still developing, cells are more rapidly dividing thus they are more prone to DNA/cellular damage. Pregnant women are also highly vulnerable. Harm is cumulative. Precaution is critical.