

# How to Protect Your Family

## Simple Steps to Reduce Exposure

### CHOOSE WIRED over wireless

- Get a corded landline phone and forward cell phones to it.
- Use corded plug-in (non-wireless) connections for printer, mouse, internet, gaming, and routers, etc.—with all wireless functions OFF.

### SAFEGUARD SLEEP

- Stop use of and power off computers, tablets and phones one hour (or longer) before bedtime.
- Do not sleep with a cell phone, tablet or laptop.

### MAXIMIZE DISTANCE FROM SELF & OTHERS

- Radiation decreases as you move away from the source.
- Locate devices away from laps, bras and pockets, as the radiation can damage sperm and may be linked to breast cancer.
- Use air tube headset or use speaker phone at maximum distance from head and body.

### PROTECT CHILDREN

- Children are particularly vulnerable and should not use cell phones except in an emergency.
- If children are using a phone or other device for work or play, select all 3 of the following settings to turn off the radiation from cell phones and wireless devices:  
Airplane mode ON, and Wi-Fi OFF, and Bluetooth OFF.
- Don't use a mobile device while a child is on your lap or in your arms.

### POWER OFF IN VEHICLES

- Mobile devices distract drivers, emit more intense radiation during travel, and metal surroundings create radiation hot-zones.

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## Doctors' Advice to Patients & Families

# Wireless & Your Family's Health: Simple Precautions Make Sense



This pamphlet reviews precautionary advice by Doctors and Governments to reduce children's exposure to wireless radiation.



**Brought to you by:** Physicians, biomedical scientists, and neurosurgeons—including Devra Lee Davis, PhD, MPH; Anthony B. Miller, MD; Süleyman Kaplan, PhD; Annie J. Sasco, MD, PhD; Stephen T. Sinatra, MD; Dr. Erica Mallery-Blythe, BMBS; Charles Teo, MD; Martha Herbert, MD, PhD

# Wireless Radiation Exposures

Wireless devices—such as tablets, laptops, game consoles, baby monitors, and wifi routers—all emit the same type of wireless microwave radiation as cell phones emit. Children and pregnant women are more vulnerable to this exposure.

## Wireless is Invisible & Penetrates Our Body

The child brain and skull absorb up to ten times more radiation than the adult (Gandhi et al., 2012).

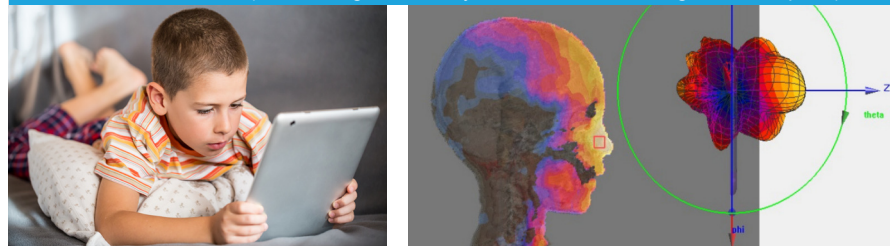


New anatomically based research shows radiation absorption.

## Increased Cancer Risk

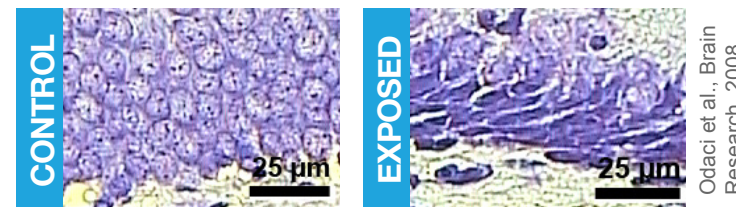
Wireless radiofrequency radiation was classified as a Class 2B “Possible Human Carcinogen” by the World Health Organization’s International Agency for Research on Cancer in 2011 due to research linking brain cancer to long term cell phone use. According to many scientists, evidence *has increased* since 2011, indicating that cell phone and wireless radiation should be classified as a “probable carcinogen.” Those exposed at younger ages show up to five times increased cancer risk.

Radiation Absorption from Tablet into a 6-Year-Old’s Brain  
(in this image: white & yellow areas are the highest absorption)



Federal University of Rio Grande do Sul, UFRGS Ferreira and de Salles (2015)

# Brain Cell Damage After Wireless Exposure



Prenatal exposure decreased and altered granule cells in the dentate gyrus of rats.

## How Wireless Impacts Children’s Health

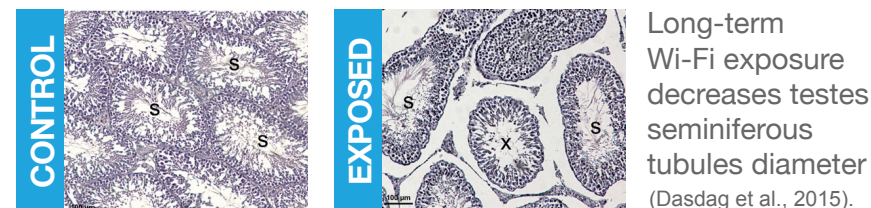
Accumulating research shows that wireless microwave radiation affects fetal brain development, the immune system and reproductive function. *Even very low doses* of wireless radiation alter brain metabolism and electrical activity.

Yale University researchers found that when pregnant mice were exposed to radiation from a simulated operating phone, their offspring had impaired memory, increased hyperactivity and altered brains. Several research studies show wireless impairs brain development at various ages.

## The Reproductive System

Numerous studies indicate that wireless exposures decrease sperm quantity and quality (including altered DNA) and direct damage to testes and ovaries.

### Testes Damaged by Wi-Fi Equipment Radiation



## Government Protections Worldwide

Over 20 countries—including France, Belgium, Israel and the European Union—have taken policy actions to “reduce exposure to children,” addressing cell phones, laptops, cell towers and Wi-Fi in schools in order to protect public health.

detailed references available at [EHTrust.org](http://EHTrust.org)