



Ten Steps for Safer Tech

Take One Step at a Time. It is simpler than it seems.

1. **Airplane Mode ON and Wi-Fi OFF**

Whenever you hand a child a technology device please set the Airplane mode to ON and Wi-Fi to OFF. This will stop the connection radiation. These devices should also always be used on a table because they also emit magnetic fields whenever not powered off.

2. **Prefer Non-Wireless Connections**

For home phones (landline), internet, printer and entertainment gear, connect by cord or cable with all wireless features off. Many companies allow you to manage the wireless settings online and you can simply turn it off through the internet. Non-wireless modems can be requested and ethernet cords can be used at home, work and school. Trade in your home cordless phones for corded phones.

3. **Turn It Off When Not in Use**

You can easily decrease your family's firsthand and secondhand radiation exposure by turning off wireless networks and devices whenever you aren't actively using them. As an easy first step, turn the Wi-Fi router off at bedtime. Then ask your internet provider how to connect with plug-in cords and wireless set to OFF.

4. **Practice Safe Phone**

For adults who must use a mobile phone: use speaker phone or a plug-in earpiece, and when not in use set the Airplane mode to ON and Wi-Fi to OFF. Children should not use mobile phones except in emergency.

5. **Drive Safe**

Power off wireless connectivity in vehicles. Mobile devices distract drivers even if hands-free. Cell phones also emit higher power radiation during travel. Metal surroundings create radiation hotspots in your vehicle.

6. **Increase Distance**

Decrease your exposure by increasing your distance from emitting sources. Become aware of emitting sources in your surroundings so you can maximize distance. For example: do not use a cell phone while a child is on your lap, and do not carry your cell phone in your baby carrier.

7. **Safeguard Sleep**

Both wireless radiation and light impact sleep. Power off all screens well before bedtime. On a phone, you can set Airplane Mode to ON and Wi-Fi to OFF your phone and still use its alarm feature. When you charge cell phones and tech devices do this outside the bedroom. Charger gear generates another type of electromagnetic fields that are also linked to health issues.

8. **Read the Fine Print**

All device manufacturers advise that each device should be at some distance away from human bodies and brains. This radiation can damage sperm and has been linked to breast cancer. Before a phone, tablet, Mp3 player etc. is placed into a pocket or bra or tucked into clothing, set Airplane mode to ON and Wi-Fi to OFF. Always also use those settings before those devices are near a pregnant abdomen.

9. **Decrease Time**

Minimize time spent with wireless devices and in locations where wireless coverage is available.

10. **Decrease Power**

Your cell phone radiation will be higher if the signal is poor, so minimize your use of the cell phone when it has a weak signal. You also can significantly reduce your exposure to Wi-Fi radiation by contacting your internet provider to turn down the signal strength on your router and asking your neighbors to do the same. Home routers are often set to reach up to 100 meters but this is usually not necessary in a home. Best bet: Get a wired modem.

Talk to your Friends, Family, and Schools

Share this information with your friends and family so that they can make these simple changes as well. By raising this issue in your community, there will be more healthy spaces where your children learn and play.