

**Protect
the ones
you love.**



American Academy of Pediatrics Recommends:

CELL PHONE SAFETY TIPS FOR FAMILIES

- Make only short or essential calls on cell phones.
- Use cell phones in speaker mode or with the use of hands-free kits.
- Avoid carrying your phone against the body like in a pocket, sock, or bra. Cell phone manufacturers can't guarantee that the amount of radiation you're absorbing will be at a safe level.
- If you plan to watch a movie on your device, download it first, then switch to airplane mode while you watch in order to avoid unnecessary radiation exposure.
- Keep an eye on your signal strength (i.e. how many bars you have). The weaker your signal, the harder your phone has to work and the more radiation it gives off.
- Avoid making calls in cars, elevators, trains, and buses. The cell phone works harder (and emits more radiation) to get a signal through metal.
- Remember that cell phones are not toys or teething items.

GOOD TO KNOW:

Wireless devices (such as **tablets, laptops, baby monitors, video game consoles and Wi-Fi routers**) emit the same type of radiation as cell phones.

Airplane mode = Wireless Off.

AT HOME:

Easily reduce wireless radiation at home. Get a **corded landline phone** and forward cell phones to it.

Use corded plug-in (non-wireless) connections for printers, mouse, computers, laptops, tablets, e-readers, routers, keyboards, headphones, speakers, and other accessories—with all wireless functions off.

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