

# CELL PHONE INFORMATION

The microwave radiation given off by cell or mobile phones is possibly not as safe as cell phone service providers would like to have us believe. Therefore the Vienna Medical Association

has decided to show responsibility and inform the people of Austria about the potential negative effects of cell phone radiation from a medical perspective.



## 10 MEDICAL RULES FOR CELL PHONE USE

- Use a cell phone as little and as short as possible. Children and teenagers under the age of 16 should not use a cell phone at all.
- Never place a cell phone next to your head while establishing a connection.
- Do not use cell phones in vehicles such as cars, buses or railways because the microwave radiation is higher.
- While sending SMS messages, keep the cell phone as far away from your body as possible.
- While using a cell phone, always keep a few meters courtesy distance from other persons – otherwise they will be radiated too.
- Never put cell phones in your pocket. The microwave radiation can interfere with male fertility.
- At night always shut off your cell phone and never place it next to your head.
- Do not play games on a cell phone.
- Headsets are misleading because the connection cable also radiates.
- Wireless LAN or UMTS also lead to high microwave radiation exposure.

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**HINT!  
CELL PHONES HAVE NO  
PLACE IN WAITING ROOMS.  
THEY RADIATE AND DISTURB!**

**YOUR MEDICAL DOCTORS FROM VIENNA  
A PARTNERSHIP FOR LIFE!**