

BE SUPER-SMART REDUCE WIRELESS

Simple steps to practice safe tech.



TURN IT OFF WHEN NOT IN USE.

Avoid unnecessary radiation by powering off wireless devices, network equipment, and hotspots when not in use, like at bedtime.



PRE-DOWNLOAD INSTEAD OF STREAMING.

Remember that when you wirelessly stream videos or music the radiation goes into your body. It is better to pre-download audio and video files and then watch or listen with wireless connections turned off.



USE A PLUG-IN ETHERNET CORD.

It is super fast. Whenever possible connect your laptop, tablet, or computer with an ethernet cord (with Wi-Fi OFF, and Bluetooth OFF).

CORDED PHONE

Corded phones do not emit wireless radiation.



WIRED (NOT WI-FI & NOT BLUETOOTH)

Use a wired mouse, speakers, printer, game system, keyboard, tv, etc.



DISTANCE MATTERS.

Maximize the distance between people and wireless devices.

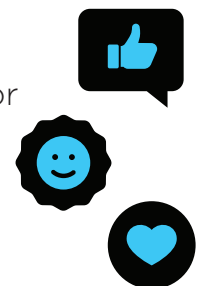
HEALTHY SLEEP

Remove electronics and wireless devices from around your bed. Do not sleep with your cell phone.



MINIMIZE FACETIME AND SOCIAL MEDIA ON CELL PHONES.

When you use facetime or post images, your phone emits more radiation. Instead, do social media or video sharing on a computer connected to the Internet by ethernet cord (with Wi-Fi turned off).



Ways to **REDUCE** Cell Phone Radiation

Here are some examples of recommendations made by the American Academy of Pediatrics, the Vienna Medical Association, and the Cyprus Medical Association.

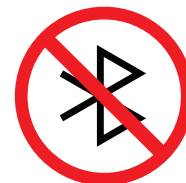


AIRPLANE MODE

Learn how to set your phone to Airplane Mode with antennas OFF. Airplane Mode turns off most of the wireless antennas.

ANTENNAS OFF

Also be sure the Wi-Fi, Bluetooth, and Mobile Data antennas are OFF in the phone settings. Even with antennas off, you still can play music, take photos, and make videos.



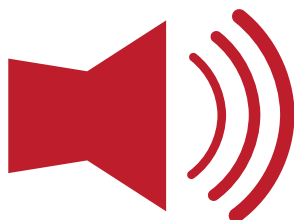
AVOID MAKING CALLS IN CARS

The cell phone works harder to get a signal through metal, so the radiation is stronger.



TEXT INSTEAD OF TALK

Remember to hold the phone away from your body. Pics and video increase radiation.

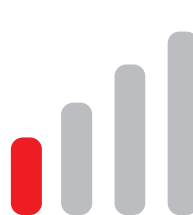


SPEAKERPHONE

Keep the phone away from your brain by using speakerphone.

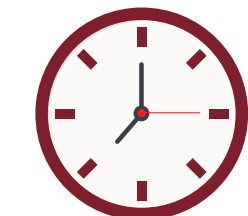
DO NOT SLEEP WITH YOUR PHONE

Use a battery-powered alarm clock, and power off the phone.



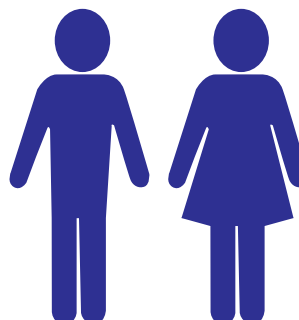
BEWARE THE LOW SIGNAL

The weaker your signal strength, the stronger the radiation from your phone.



REDUCE TIME

Reduce the time you spend on cell phone and wireless overall. Choose safer tech.



DISTANCE IS YOUR FRIEND

Phones should not be in your pocket, bra, or touching your body.

Learn more at www.ehtrust.org