

EHT Shareable Resources

Cell Phone Radiation

50% of radiation from your cell phone can be absorbed into the head and body.

Specific Absorption Rate (SAR)
SAR is a measure of the rate at which microwave radio frequency radiation (RFR) from wireless devices is absorbed by head and body tissues when used near the body. SAR values are units of watts per kilogram.

SAR LIMITS*
 • **Head (SAR)** 1.6 W/kg (averaged over 1g of tissue)
 • **Body (SAR)** 0.08 W/kg (averaged over 10g of tissue)

Cell Phones are tested at a distance from the body.
When phones come on the market, SAR tests use a distance between the phone and body. Phones are not tested in daily contact positions. All phones must test at least a distance.

***Every phone at least 18 inches from your body.**
Apple iPhone 7

THE AMERICAN ACADEMY OF PEDIATRICS RECOMMENDS ...

"Make only short or essential calls on cell phones." - AAP

"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." - AAP

DID YOU KNOW ...

A CELL PHONE IN YOUR POCKET EXPOSES THE FAMILY JEWELS TO RADIATION

Peer reviewed research indicates that cell phone radiation damages sperm. Keep your cell phone out of your pants and pockets.

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DID YOU KNOW ...

WIRELESS DEVICES EMIT RADIATION 24/7

Corded connections do not emit radiation. Disable all wireless transmitters when not in use, particularly when handling a device to a child. Set Airplane Mode ON with Wi-Fi OFF & Bluetooth OFF.

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SOCIAL MEDIA GRAPHICS For Spreading Awareness >

EHT'S CELL PHONE RADIATION AND HEALTH INFOGRAPHIC Download infographic >

What You Need to Know About 5G Wireless and "Small" Cells

"We recommend a moratorium on the roll-out of the fifth generation, 5G, for telecommunication until potential hazards for human health and the environment have been fully investigated by scientists independent from industry. 5G EMF has been proven to be harmful for humans and the environment."
— 2017 SC Scientific Appeal (signed by more than 100 scientists and doctors from 35 countries)

Nationwide, communities are being told by wireless companies that it is necessary to build "small cell" wireless facilities to supplement or replace existing towers and antennas in order to offer 5G, a new technology that will connect the Internet of Things (IoT). At the local, state, and federal level, new legislation and new funding aim to streamline the installation of these 5G "small cell" antennas in public rights-of-way.

The radiation from small cells is not small. Wireless antennas emit microwaves — non-ionizing radiofrequency radiation — and essentially function as cell towers. Radiation emitted from small cells is expected to typically travel from 30 feet up to several hundred feet.

Millions of small cells to be built in front yards. The Federal Communications Commission estimates that millions of these wireless antennas will be built in front yards, directly in front of our homes.

5G will add to — not replace — our current wireless technology. 5G will add another layer of wireless radiation to our environment. 5G will not only utilize wireless frequencies already in use but also add in higher frequencies — submillimeter and millimeter waves — in order to transmit data at rapid speeds.

Community authority is overruled. Communities are being stripped of their right to make decisions about this new technology. "Streamlining" means almost automatic approval. Public notice and public hearings are being eliminated. Even if every homeowner on the block opposes the antenna on their street, the approval will be disregarded.

Scientific workbooks are calling for a halt to the 5G rollout. In 2017, over 100 scientists and doctors issued a declaration calling for a moratorium on the increase of 5G antennas citing human health effects and impact to wildlife.

Read the 2017 Scientific Appeal on 5G to the European Commission
Read the 2017 Scientific Appeal to the United States
Read Letters From Doctors of Scientists on Health Risks of 5G

Comparative daily radiation exposure poses serious public health risks. Peer reviewed, published science indicates that exposure to wireless radiation can increase cancer risk and alter brain development and damage sperm. Most people are unaware that wireless technology was never tested for long term safety, that children are more vulnerable, and that the accumulated scientific evidence shows harm.

Increased property values. Studies show property values drop up to 20% on homes near cell towers. Would you buy a home with a cell tower in the yard? Research shows that property values drop up to 20% on homes near cell towers.

Microwave antennas in front yards present several worker and public safety issues. Studies have already found comments that workers were injured, someone they were working near transmitting antennas. How will 5G workers, window washers, and tree cutters be protected? The heavy lifting equipment operators involved in putting up antennas also present our citizens. Cars run into utility poles, often, what then?

There is a safer alternative. Worldwide, many regions invest in safer and smarter fiber optic cabling all the way to each home, rather than antennas in front yards. Wind Electric connections are safe, cause more reliable, provide greater capacity, and are more cyber-secure.

www.ehtrust.org

All text in this document is blue is hyperlinked to resources for more information.
Please also see www.ehtrust.org/what-you-need-to-know-about-5g-wireless-and-small-cells for additional resources.

5G, SMALL CELLS AND MICROCELLS FACTSHEETS EHT's factsheets on 5G are used nationally and internationally as an invaluable key resource in educating the public and policymakers on 5G.

NEWSLETTERS EHT's newsletters filled with the latest science and news are shared worldwide with an ever growing list of subscribers. Sign up >

ENVIRONMENTAL HEALTH TRUST

We Have a Right to Know About Cell Phone and Wireless Radiation
Special Edition Newsletter: February, January & October

Landmark Court Ruling
UPHELD THE RIGHT TO KNOW ABOUT CELL PHONE RADIATION

Will your front yard be a 5G cell tower site?

VIDEOS

NEWS

Decision: Agri Experts Recommend Reducing Cell Phone Radiation Exposure

Cell Towering Sites Are Being Given to Cover Across the USA

NEWS

Saniquinity of the State of California Can Reach From Passage of the Small Cell Bill

News: California's New Law on Cell Phone Radiation Research

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Protect yourself.
#PracticeSafeTech

CELL PHONES AND OTHER WIRELESS DEVICES EMIT MICROWAVE RADIATION THAT DAMAGES SPERM AND THE TISSUE OF THE TESTES. DO NOT CARRY DEVICES IN YOUR POCKETS OR ON YOUR BODY.

Protect yourself.
#PracticeSafeTech

Protect the ones you love.

PROTECT THE ONES YOU LOVE POSTCARDS
EHT's safety postcards have been widely distributed at health festivals, educational presentations, and scientific conferences. EHT has developed colorful postcards: for parents about the American Academy of Pediatrics recommendations, for young adults who sleep with their phones, for men regarding phones in pockets and for women to make the bra a no-phone zone.

RESOURCES IN SPANISH
"How to Reduce Cell Phone Radiation." Hotbook Magazine from Mexico featured "How to Reduce Cell Phone Radiation Tips" after Dr. Davis and EHT provide resources to one of Mexico's top Travel & lifestyle magazines.
EHT has translated several postcards into Spanish and is increasing our translated resources. See EHT's webpage on [Spanish information](#). After contact with an Italian organization that translated the Catalyst documentary, EHT developed a page on [Italian resources](#) as well. EHT plans to create pages in French, and Greek next year.

Do's and Don'ts for Safe Technology

Technology	Do's	Don'ts
Cell Phones	<ul style="list-style-type: none"> Use a speakerphone or earpiece headset. Turn your phone off if you need to put a phone in your pocket. Choose a wired phone when you can, especially for long calls. Cell Phone Models: Choose with SAR (Specific Absorption Rate) as low as possible. Power off Cell Phones in a car, a bus, train, airplane, elevator. 	<ul style="list-style-type: none"> When using the phone, never touch your head or body with the phone. Don't use a cell phone when the network signal is weak, because that the radiation from the phone is higher. Don't carry a cell phone in your line. Don't carry a cell phone in your clothing pocket. Don't sleep with a cell phone or tablet or any wireless electronic near your head.
Home Phones	<ul style="list-style-type: none"> Get a Cordless Phone for your home. Keep your landline. Don't throw it away when you need a phone or tablet or any wireless electronic near your head. Use a wired VoIP system. 	<ul style="list-style-type: none"> Do not use a cordless home phone. The DECT phone base constantly emits microwave radiation. Many models have three leads directly inside their base, and this is a significant source of microwave radiation to be received from across the room. Don't place a wireless phone in your office near your work area. Wireless phones constantly emit microwave radiation and should not be located near your head per the manufacturer's instructions. Don't use wireless mobile phones if a network is available. Don't use laptops on your lap. Don't forget to turn the wifi connection off when you are not using it.

What Parents Need to Know About Safe Technology

Parents should not panic over the latest research, but can be sure as a good reminder to limit both children's screen time and exposure from cell phones and other devices emitting radiofrequency electromagnetic fields (EMF).

The American Academy of Pediatrics Recommendations About Cell Phones, Cell Towers and Wireless

The American Academy of Pediatrics (AAP), the largest US medical association of pediatricians and pediatric specialists, recommends that the US government tighten wireless exposure limits and that the public reduce children's exposure to cell phones and other devices that emit wireless radiation.

In 2016, the AAP issued a press release about the US National Toxicology Program research findings of potential links between cell phone radiation and cancer. The Academy's website, [HealthyChildren.org](#), that publicly issued new recommendations to reduce children's exposure to wireless radiation.

In 2016, the American Academy of Pediatrics (AAP) strongly supported the Cell Phone Right to Know Act (H.R. 6336). Federal legislation that would have informed the American public that wireless device exposure continues to radiate frequency microwave radiation exposure. This legislation would have notified the US government to review the scientific research on biological effects of wireless radiation on electromagnetic fields and specific radiofrequency radiation.

The AAP has also issued a statement on three letters they sent to government officials. The letters describe children's exposure to wireless radiation and call on the federal government to review and tighten radiation standards for wireless devices in order to protect pregnant women and children's health.

In 2016, the AAP also issued a report on the health effects of radiofrequency electromagnetic fields (EMF) and radiofrequency radiation (RFR). The report is available at [http://www.aap.org/EMF](#).

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FACT SHEETS We also have created Safe Tech Do's and Don'ts, factsheets on 5G, cell phone radiation, wireless and "What Parents Need to Know About Safe Technology".

TIPS PARA USAR TU CELULAR DE FORMA SANA

¡Salvemos a los Jóvenes!
#PracticeSafeTech

¡Salvemos a las Mujeres!
#PracticeSafeTech