

# FAMILY FACT SHEET

## Reducing Exposures at Home

### 1. Hold Off on the Cell Phone for Your Child

Hold off on a wireless phone *for your child as long as you can*. Instead, consider a digital camera that takes video. If your child likes to talk on the phone, choose a corded landline phone with a dedicated line *instead of a cell phone*. If you are going to splurge, consider an experiential gift, like taking your child and their best friends all out for a special dinner and concert or play.

### 2. Model Healthier Tech Habits

Familiarize yourself with the American Academy of Pediatrics recommendations on reducing cell phone radiation in your family. For example, keep the phone away from your head by using speakerphone. Do not use or carry phones in your pocket, and keep them away from your body. Take care when a child is in your arms not to use a cell phone or wireless tablet/computer near their body. Educate yourself about the times when radiation intensity is highest such as when streaming video, when traveling in a car or when the signal is poor. Minimize use of a phone under these conditions and talk to your children about why.

### 3. Invest in a Corded Landline at Home

Your children can make voice calls on a *corded* home phone. Remember, even cordless landline phones emit radiation *just like cell phones*. A cordless phone base is always on and transmitting, even when you are not making a call. Swap your cordless phone for a corded home phone. Forward cell phones to your home or office line when possible.

### 4. Airplane Mode On, Wi-Fi Off and Bluetooth Off Whenever Possible

Airplane mode with Wi-Fi OFF and Bluetooth OFF turns off the wireless antennas inside a device, stopping microwave transmissions. Every computer, laptop, tablet or wireless transmitting device has a function key or switch in the settings that disables the Wi-Fi transmitters, and one that disables Bluetooth as well. Whenever you intend to hand a child a Wi-Fi or Bluetooth enabled device, remember to turn on airplane mode, and to separately disable Wi-Fi and Bluetooth connections. Try to turn devices to these settings whenever possible, and teach your kids to do the same.

### 5. Connect Your Smartphone and Wireless Device with Cords

You can easily connect many phones, tablets and computers to the internet without microwave exposures. Most wireless devices have a USB, lightning or ethernet port so you can *plug it in* for wired internet access. Many devices can be hardwired to the internet by simply getting a few accessories and adapters. Whenever you purchase electronics, choose a device that connects with wires, not Wi-Fi.

### 6. Power Off When Not in Use

Remember: wireless devices continuously check in with their networks whenever they plugged in or turned on. You can easily decrease your family's first- and second-hand radiation exposure by turning off wireless networks and devices whenever you are not actively using them, such as while you sleep. Turning off wireless devices and their related gear—for example, printers, gaming, entertainment, and computer systems and accessories—when not in use by powering them off also saves significant energy and makes all around good sense. Plug these devices into a power switch so you can easily turn them off. This is often the first step people take as they work on swapping out wireless with corded connections.

### 7. Get Electronics Out of The Bedroom

Do not let your children use a cell phone or tablet in bed. Be aware that the blue **light from screens and wireless radiation can seriously impact our sleep**, so be sure to power off all screens and electronics at least an hour before bedtime. Many newer TVs, gaming systems, and computers also have wireless radiation emissions even if you are not using them, so it is best to remove them from the bedroom and completely disconnect them from their power source. Keep screens and electronics in family areas. *Instead of sleeping with your cell phone, get a battery-powered alarm clock for your nightstand. This removes the temptation to "quickly" check the phone.*

There have also been reports of fires from exploding electronics and charging cell phones. Teenagers will rest electronics on their bed, unaware that the soft cushions block airflow to the battery and cause the device to heat up. Be aware that chargers generate other types of electromagnetic fields that are also linked to health issues. Always charge cell phones and tech devices outside the bedroom, on a table or countertop.

### 8. Children Should Not Use Virtual Reality with Transmitting Smartphones

Children's brains are not fully myelinated and eyes absorb radiation readily due to their high water content. Placing a two-way microwave radiating device directly in front of young eyes is not recommended. Considering the myriad of safety risks that VR poses for children, consider entertainment alternatives like watching a great family movie on a non-wireless screen.

## RESOURCES ON REDUCING EXPOSURE

The American Academy of Pediatrics Letter In Support of The Cell Phone Right To Know

Doctor's Advice on Cell Phone Radiation: [English](#), [Spanish](#), [Greek](#), [Finnish](#), [Turkish](#), [Italian](#)

Postcard with American Academy of Pediatrics Recommendations, [English](#), [Spanish](#)

What Parents Need to Know About Wireless Radiation and How to Practice Safe Technology

BabySafe Project: "Reduce Your Wireless Exposure" [English Brochure](#), [Spanish Brochure](#)

[More Printable Resources](#) from Environmental Health Trust

New Jersey Education Association "[Minimize health risks from electronic devices](#)"

[Article](#), [PDF of Recommendations](#)

"[Practice Prevention A Quick Guide to Avoiding EMFs](#)" by Cindy Sage and Nancy Evans for the Collaborative on Health and the Environment EMF Working Group

C4ST Factsheets: [Wireless Safety Tips](#), [Presentation Reducing Exposure 101](#),

[Easy steps you can take to minimize your exposure](#)