

HOLIDAY SAFETY ALERT

SmartPhones, “Smart” Watches and Wi-Fi Toys Expose Your Child to Radiation

Thinking of giving your child their first cellphone this holiday? A virtual reality gaming system, “smart” watch or cool Wi-Fi toy? Think again. Smartphones and Wi-Fi toys could pose serious health and safety risks.

While Wi-Fi enabled toys, “smart” watches and some cell phones are marketed specifically for children, parents are often unaware that these devices emit radiofrequency radiation, also known as microwaves. Numerous studies have found that low levels of non-ionizing wireless radiation from cell phones and other microwave transmitting Wi-Fi devices can have harmful effects, indicating that wireless devices pose serious health risks, especially for children.

EXAMPLES OF HOLIDAY TOYS THAT COME WITH MICROWAVE RADIATION INCLUDE:

- **Cell Phones and Smartphones...and yes even children's smartphones** expose children to microwave radiation. The instruction manuals state, “this equipment generates, uses and can radiate radio frequency energy.”
- **Smartwatches: The Apple Watch** carries a fine print warning that the user keep a distance of 1 cm from the antenna, while the same device is touted as “wearable.” But what parent gives their kid an Apple Watch and tells them not to rest their head on their arms—as that would create body contact with the watch?
- **Virtual Reality headsets** often require the user to strap a phone in front of their face, placing a radiation emitting device close to the eyes.
- **Wi-Fi and cell phone connected dolls** use Wi-Fi and speech recognition technology to engage in two-way dialogue, but because that function requires a wireless Internet connection, your child's new friend is also a microwave-emitting radio device that can save and send information back to the company.
- **Tablets** are marketed to children starting at infancy, yet tablets emit microwave radiation when they are wirelessly connected to the internet; exposures can be reduced by only giving the tablet to children when it's on airplane mode after first downloading movies or games.
- **Wireless Gaming Systems:** Video gaming system consoles have wireless antennas and most **instruction manuals state**, “this equipment should be installed and operated with at least 20cm (8 in) and more between the radiator [the console] and person's body (excluding extremities: hands, wrists, feet and legs).
- **Drones:** Drones have wireless antennas and sometimes use smartphones to communicate.

Because smartphones, smart toys and other smart home devices—the so-called “Internet of Things”—have become ubiquitous in our daily lives, we rarely think about how this technology works. But it's not holiday magic—it's microwave radiation. In fact, all wireless devices, from smartphones to Wi-Fi and connected stuffed animals, are two-way microwave radios that send and receive a type of non-ionizing electromagnetic radiation also called radio frequency (RF) radiation or microwaves.

Many **doctors** are concerned about how this daily exposure will affect children's health in the long term. Before buying your child a Wi-Fi toy or their first cell phone this holiday, be sure you know these facts. Learn more at EHTrust.org.

