



## Urgent Action Alert for Los Angeles County, California

Tell Los Angeles County To Preserve Your Rights!

Los Angeles County is about to fastrack cell antennas in front of homes and schools and cut people OUT of the decision making process!

- They want to remove environmental review.
- They want to remove due process and community participation.

The Los Angeles County California Board of Supervisors is voting this upcoming Tuesday, January 10th and they need to hear from you today.

**Please take action now with EHT's new one minute letter writing tool to send an email to the Board of Supervisors today!**

Do not let them remove the long standing protections of **the** California Environmental Quality Act, National Environmental Policy Act, and National Historic Preservation Act, that protect us and our neighborhoods. More at [Fiber First LA](#).

Take Action NOW

Want to do more? Call or email their offices!

District 1: Hilda Solis  
213-974-4111  
FirstDistrict@bos.lacounty.gov  
District 2: Holly J. Mitchell  
213-974-2222  
HollyJMitchell@bos.lacounty.gov

District 3: Lindsey Horvath  
213-974-3333  
Thirddistrict@bos.lacounty.gov  
District 4: Janice Hahn  
213-974-4444  
FourthDistrict@bos.lacounty.gov  
District 5: Kathryn Barger  
213-974-5555  
kathryn@bos.lacounty.gov

For more information visit [Fiber First LA](#) which is calling on the County to adopt new, protective codes that will control the deployment of wireless antennas and ensure community participation in the decision making process.

Take Action NOW



## U.S. Cities and Towns with Strong Local Ordinances for 5G and "Small" Cell Towers



[NEW WEBSITE: Wireless Impacts to Biodiversity](#)



# How to Reduce Electromagnetic Fields



Wireless radiofrequency (RF) and magnetic fields (MF) are two types of non-ionizing electromagnetic fields (EMF). Research has linked RF and MF to memory problems, headaches, reproductive damage, cancer, and oxidative stress.

## Create A Sleep Sanctuary

- ☑ Remove all cell phones, screens, TVs, and electronics from bedroom.
- ☑ Use a battery-powered alarm clock that is not connected to a network.
- ☑ Do not sleep near a plugged in charging device or charging cord.
- ☑ Do not sleep near a cordless phone base.
- ☑ Power OFF wi-fi and wireless networks at bedtime. Note: Safest internet connection is wired (not wi-fi).
- ☑ Replace nightstand lamp with battery-powered reading light.
- ☑ Remove electrical cords that are underneath or near the bed.
- ☑ Electric blankets can pre-heat. *Turn off AND unplug* the blanket before getting into bed.
- ☑ Do not sleep at a wall where any electrical panel, utility meter, or always-on appliance is on the other side.

## Sources of Wireless RF

*For each of these items, you can replace it with a safer non-wireless option.*

- Mobile phone
- Home/office cordless phone
- Cordless phone base station
- Tablet/Laptop/Desktop Computer
- Wi-Fi router/modem
- Video game console and handsets
- Baby monitor (near baby & near parent)
- "Smart" speaker & virtual assistant
- Wireless peripherals such as headphones, printer, speaker, keyboard, mouse, microphone
- Wireless-enabled MP3 player
- Signal booster
- Security home hub
- Wireless "wearables" such as "smart" watches & jewellery, fitness wristbands, sleep trackers
- "Smart" appliances
- Wi-Fi
- Bluetooth

## Reduce Cell Phone RF Radiation

- Minimize your overall use.
- Prefer a corded phone, especially for long calls.
- Use speaker phone.
- Text rather than voice/video chat.
- Maximize distance between phone and person.
- Do not carry a powered ON phone in your pocket or bra or hat.
- Stream videos using a corded connection.
- Use cords for high data transfers (such as video and photos) to greatly decrease RF emissions.
- Learn how to use Airplane mode to turn off RF-transmitter antennas.
- Avoid use inside metal vehicles—radiation reflects & increases in a car, bus, elevator, train, plane, etc.
- Reduce active apps & background apps.
- Replace wireless earbuds and wired earbuds with airtube headset.
- *Children should not use mobile phones except in an emergency.*

More expert information at  
**healthytechhome.org**

