



# Protect Yourself.

## CELL PHONES EXPOSE YOUR BODY TO RADIATION

Research links this microwave radiation to:

- Damaged sperm
- Reduced sperm count
- Erectile dysfunction
- Memory problems
- Cancer

5G and 4G cell antennas will increase your daily dose of radiation. Not to mention, it will also impact the birds, bees and trees. Educate yourself on 5G.

All cell phones and wireless devices have fine print warnings hidden deep in manuals advising the device not be in contact with the body. Phones at body contact violate radiation limits.

More at [EHTrust.org](https://ehtrust.org) and [healthytechhome.org](https://healthytechhome.org)

## DOCTORS' RECOMMENDATIONS

### 1. PROTECT YOUR BODY

Do not carry cell phones in your pockets or bra. No laptops or tablets on your lap.

### 2. PROTECT YOUR BRAIN

Prefer a corded landline phone. Hold cell phones away from the head and body by using speakerphone.

### 3. PROTECT YOUR FERTILITY

No wireless devices near reproductive organs or near a pregnant woman's abdomen.

### 4. REDUCE WIRELESS

Turn off Wi-Fi and use cords to connect routers, phones, computers and other devices. Airplane Mode ON with Wi-Fi OFF turns off wireless.

### 5. DO NOT SLEEP WITH YOUR CELL PHONE

Cell phones and Wi-Fi devices are radiating even when not in use. Power off all devices at night, and keep them out of the bedroom.