

**Protect  
the ones  
you love.**



# American Academy of Pediatrics Recommends:

## REDUCE CELL PHONE AND WIRELESS RADIATION

- Do not hold the cell phone up to your head. Use speaker mode or hands free to limit radiation exposure to the brain.
- Avoid carrying your phone against the body like in a pocket, sock, or bra. Cell phone manufacturers can't guarantee that the amount of radiation you're absorbing will be at a safe level.
- Make only short or essential calls on cell phones.
- 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.
- Keep an eye on your signal strength (i.e. how many bars you have). The weaker your signal, the harder your phone has to work and the more radiation it gives off.
- Avoid making calls in cars, elevators, trains, and buses. The cell phone works harder (and emits more radiation) to get a signal through metal.
- Remember that cell phones are not toys or teething items.

from AAP's [HealthyChildren.org](http://HealthyChildren.org)

## RESEARCH SHOWS:

Cell phone/Wi-Fi radiation can damage the developing **brain**, **sperm**, and **sleep**. Research indicates **increased cancer risk**, **headaches**, **hyperactivity**, and **memory problems** from cell phone radiation.

All wireless devices emit the same type of radiation as cell phones.

## AT HOME:

Easily reduce wireless radiation at home. Get a **corded landline phone** and forward cell phones to it.

## 100% SAFETY = CORDED ETHERNET CONNECTIONS

Use **non-wireless corded connections** for printers, mouse, computers, laptops, tablets, video game systems, e-readers, routers, keyboards, headphones, speakers, and other accessories—**with all wireless functions off**.

## MORE AT **EHTrust.org**

