

# Checklist for Low-EMF Computer

## Set-up For Any Computer

- ✔ Device always on a table. User's feet flat on floor. Screen is at — or slightly below — eye level.
- ✔ The "high-five test": If you can't properly high-five your computer screen, you're sitting too close. Position screen/monitor at least 24 inches (61 cm) away from users.
- ✔ Reduce glare by adjusting screen tilt/position.
- ✔ Light your area with soft light *beside* (not directly behind) the screen. [Soft light means not fluorescent and not strong LED.]
- ✔ Prefer to use laptops and tablets powered only by battery. Avoid or minimize use during charging. Unplug after charged.
- ✔ Use a three-prong grounded power cable for laptops, tablets, and desktop computers.
- ✔ Distance electrical wires, chargers, and electrical equipment away from your body.
- ✔ Connect to internet with ethernet, not Wi-Fi.

## Reduce Blue Light on ALL Screens

We highly recommend a covering that is applied to the entire screen & more.

- Thin blue light blocker covers are available for all screen sizes and are nearly invisible after attached.
- Wear blue-blocker eyeglasses.
- Download software that reduces blue light and flicker.

## Replace Wi-Fi with Ethernet

Yes, you can connect your computer, laptop, tablet, and most smartphones to the internet using an ethernet cord instead of Wi-Fi. This way the data travels *inside the ethernet cord* to reach the internet, instead of being pumped into the air.

- First, check if your device has an ethernet port. If not, get the correct ethernet adapter for the ports on your device. Two examples of adapters are: USB-to-ethernet or USB-3-to-ethernet. There are other adapters; you may want to ask the manufacturer of your device.
- Connect an ethernet cord from your modem to the adapter that plugs into your device.
- Disable Wi-Fi and Bluetooth on your device.
- Confirm the device is connected to the internet via wired ethernet connection when the "Ethernet" tab appears in the settings.
- Turn OFF/disable wireless antennas in your Wi-Fi router/modem. [Best is to replace with a modem that has no Wi-Fi capability.]

Multiple users? Your modem may have more than one available ethernet port. Or you can connect a corded ethernet switch to the modem or to the ethernet cable, and then you can add more ethernet cords to connect numerous devices.



## Use Corded Accessories

Prefer wires, cords, and adapters — not Wi-Fi, not Bluetooth — for mouse, keyboard, printer, speakers, microphone, and other electronic tech that connects to the computer.