

Giving
Thanks for
Real Life
Connections



**Give the GIFT OF SAFETY: Read EHT's #PracticeSafeTech Holiday Campaign
"Health Experts Warn Black Friday Shoppers About Wireless Devices"**

5G & EMF Awareness Resources

This newsletter contains key resources for action. Thank you for your support to Environmental Health Trust, one of the leading scientific organizations working to reduce the everyday pollution from cell phones, 5G and wireless.

Interested in more education? We do online or in-person presentations/webinars with medical organizations, educators and community groups. For a briefing by our experts, please contact us at info@ehtrust.org

Please **Join EHT** as a Patron and you can attend our expert talks live, participate in educational meetings and more. With crowdfunding and capacity building through Patreon, we hope to inspire and motivate communities. If you want to get educated, this is how to do it!

Join EHT Now on Patreon



Interview with Dr. Anthony Miller

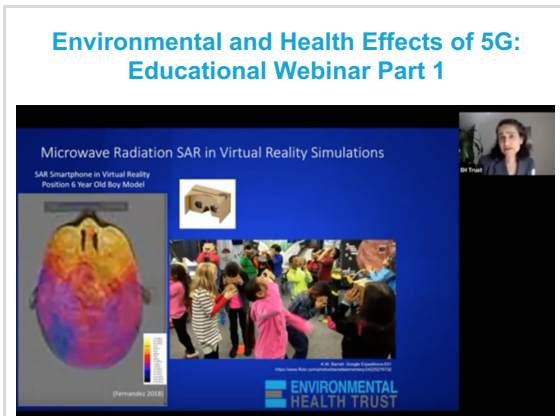
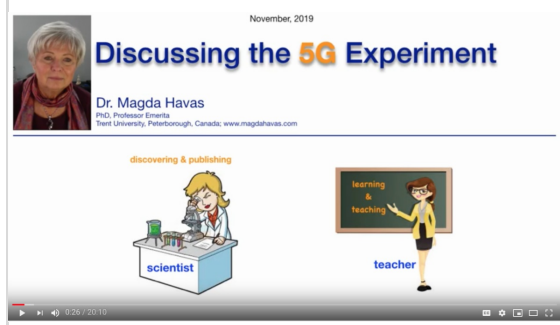
Dr. Miller talks about his recently published studies on cell phone radiation, 5G, cell towers and more.

Dr. Miller, one of our senior advisors, has served as Director of the Epidemiology Unit of the National Cancer Institute of Canada, Chair of the Dept of Preventive Medicine and Biostatistics, Univ of Toronto, and Senior Epidemiologist, International Agency for Research on Cancer.

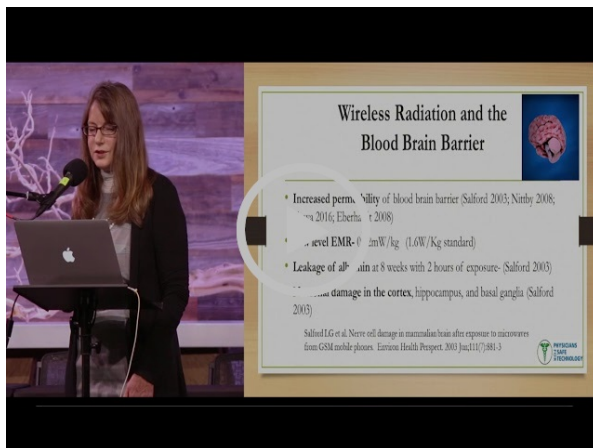
5G

UCSF Key Lectures on 5G

Dr. Magda Havas on 5G



Videos Available From EMF 2019 Conference!

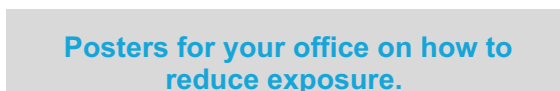
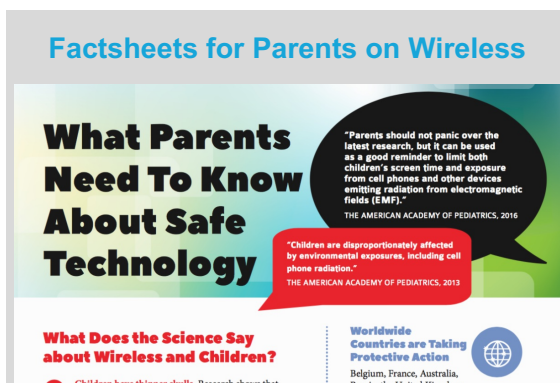


The 2019 EMF Conference Videos are now available!

Weren't able to attend EMFC 2019 in person? For \$295 **EMFC 2019** is opening up access the content rich videos which include:

- All 18 hours of lectures by medical doctors, EMF scientists and building biologists
- Includes Lecture Slides
- Exclusive bonus panel: Global, National & Local EMF Policy Updates and Actions
- Exclusive bonus panel: The Nuts and Bolts of EMF Avoidance: How to Retrofit Your Home and Office

Materials for you to use and share!





Protect yourself.

#PracticeSafeTech



Protect the ones you love.

BE SMART, REDUCE WIRELESS RADIATION.

- Don't sleep with your cell phone or wireless device.
- Never connect to a wireless device in a bedroom.
- Always carrying a phone near your body, like in your pants, is not safe.
- Text with your phone away from your body.
- Use a corded telephone and wireless alternative.
- Children in a car should use a car phone, booster, or headset. Your device cannot provide more radiation in a motor vehicle.

USE KEYPADS & VOICE COMMANDS

- Text keypad mode on all cell phones (off/on under the keypad).
- Use speakers, volume, and/or air tubes to keep your head and phone away from your body.
- Use voice commands to minimize cell phone calls while driving.

GET DOWNSTAGE

- Use your phone at a distance from your body.
- Use speakerphone or hold phone away from your head.
- Use a headset or car phone.
- Use a corded phone.
- Use a cordless phone with a base station.
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- Use a cordless phone with a base station.

USE A CORDLESS PHONE WITH A BASE STATION

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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 a headset like on your phone.
- Always carrying your phone around your body like in a pocket, bag, or car. Cell phone manufacturers don't guarantee that the amount of radiation you are exposed to will be a safe level.
- Make sure you are actually safe on your phone.
- If you need to text a message or use a device, download it to your computer or a laptop.
- Use a cordless phone with a base station.
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Wi-Fi in Schools

- [CHECK OUT EHT'S SAFETY CARDS](#) >> [CLICK TO VIEW/DOWNLOAD](#)



Medical Recommendations

Was This Useful to You? Click [HERE](#) to Support EHT on Patreon

5G Toolkits

- **5G Crisis:** "A grassroots campaign opposing the unfettered buildout of 5G infrastructure. We provide concerned individuals with a basic overview of what 5G technology is, why it poses a serious risk to public health and what people can do to

legally and effectively impede 5G development in their communities."

- **EMF Safety Network:** Their mission is to educate and empower people, achieve public policy change, and obtain environmental justice. Their printable resources include [What are EMFs?](#), [How to Oppose 5G](#), and flyers on [the Impact to Bees](#) and 5G.
- **ElectromagneticHealth.org** and National Institute for Science, Law and Public Policy's [Re-Inventing Wires: The Future of Landlines and Networks](#) a report documenting how a publicly-owned and controlled wired infrastructure that is inherently more **future**-proof, more reliable, more sustainable, more energy efficient and safer.
- **Safe G:** A nonprofit educational program presenting a safe technology alternative that safeguards our health, privacy and security. Resources for action include details on the [SafeG Alliance](#), ["I Support SafeG" Materials](#), [Events](#), [Videos](#) and a [Model Ordinance](#).
- **Center for ElectroSmog Prevention:** A 501c3 nonprofit corporation formed for the purpose of preventing and reducing environmental electromagnetic pollution. CEP provides education and advocacy to prevent and reduce electromagnetic pollution. Key Resources include [123Action Plan to Stop 5G](#) and [How to File an ADA Accommodations Request for Electro-sensitivity to Avoid Small Cells and Wifi](#).
- **Physicians for Safe Technology:** A group of physicians and health professionals promoting, healthy and safe environments through the safer use of technology at home, in schools, in the workplace, in healthcare settings and in communities. Resources include pages on [Science](#), [5G](#), [Schools](#), and [Cell Towers](#).

STAY IN TOUCH AND SHARE ON SOCIAL MEDIA



Support EHT Help Us Change the World

 ENVIRONMENTAL
HEALTH TRUST

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