ENVIRONMENTAL
HEALTH TRUST
Protect
yourself.
#PracticeSafeTech

BE SMART. REDUCE WIRELESS RADIATION.

- Don't sleep with your cell phone or wireless device.
- Prefer phoning in speaker mode or hands-free.
- Avoid carrying a phone near your body– like in pants, pockets or bra.
- Text with phone away from your body.
- Use a corded landline and minimize wireless.
- Switch to airplane mode in cars, elevators, trains, buses, planes. Your device pumps out more radiation in metal surroundings.
- Turn Wi-Fi/Bluetooth OFF under settings.
- Use laptops, tablets, and all electronic tech away from your body – NOT on your lap.
- Connect to the internet with wired cables &Wi-Fi settings OFF.
- Go corded for mouse, headphones, keyboard, router, speakers, printer, gaming, tv, microphone etc.

RESEARCH SHOWS:

Cell phone/W-Fi radiation can damage the **brain, sperm, your mood, and your sleep**, in addition to increasing cancer and **memory problems**.

MUSIC & VIDEOS:

Instead of streaming, download first, switch to airplane mode then click play **to avoid unnecessary radiation**.

100% SAFETY = CORDED CONNECTIONS

GET INVOLVED:

Your elected officials need to hear from you. Ask for **safe technology** and updated radiation limits that protect the public. You have a **right to know** that cell phones emit radiation.

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