

A person is shown from the waist up, holding a smartphone. A thermal overlay is applied to the image, with the phone and the person's torso showing high heat signatures in red and yellow, while the background is cooler and in shades of blue and purple.

# Protect yourself.

## #PracticeSafeTech

CELL PHONES AND OTHER WIRELESS DEVICES  
EMIT MICROWAVE RADIATION THAT DAMAGES  
SPERM AND THE TISSUE OF THE TESTES.

DO NOT CARRY DEVICES IN YOUR POCKETS  
OR ON YOUR BODY.

 ENVIRONMENTAL  
HEALTH TRUST

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## 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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