

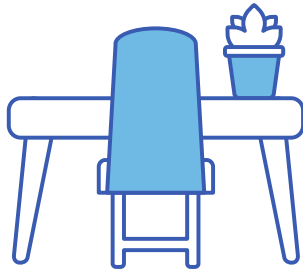
Healthy Family

TIPS FOR SAFER TECHNOLOGY

Computers at Home: Easy Steps to Reduce Wireless Radiation.

DEVICE ON A TABLE OR DESK.

Computers, laptops, and tablets should always be used on a hard surface, not on a lap, not on a couch, not on the bed.



KEEP A DISTANCE

The more you distance your body away from a cell phone, hotspot or wireless device, the more you reduce exposure.

Devices should not be resting on your leg, your chest or in your pocket.



AIRPLANE MODE

Teach your family how to turn ON Airplane mode and how to turn OFF the Wi-Fi/Bluetooth antennas in settings.



WORK OFFLINE MORE OFTEN

Yes, Many programs let you work offline and then sync up afterwards.

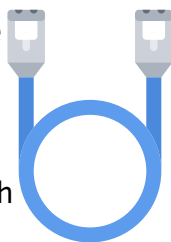
Pre- download movies and music rather than streaming.



USE ETHERNET CONNECTIONS

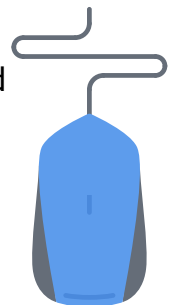
It is super fast, plus it is free of wireless radiation.

Whenever possible connect your laptop, tablet, or computer to the internet with ethernet. Then turn wireless antennas OFF on device.



USE A CORDED MOUSE AND KEYBOARD.

Connect tech with cords and cables rather than Wi-Fi or Bluetooth. This includes your printer, keyboard, mouse, speakers, headphones, and game controllers.



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