

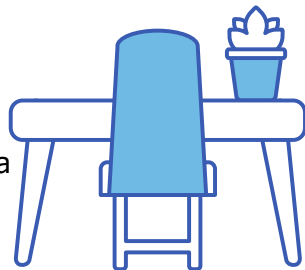
Healthy Family

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.

This stops the wireless radiation.



WORK OFFLINE MORE OFTEN

Many programs let you work offline (with Wi-Fi OFF) and sync up afterwards.

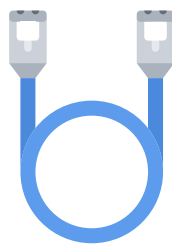
Pre-download movies and music (rather than stream) then watch/listen on airplane mode Wi-Fi OFF.



USE ETHERNET CONNECTIONS

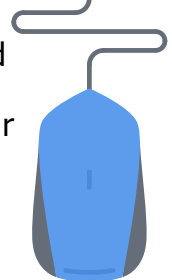
It is super fast, plus it is free of wireless radiation.

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



A CORDED MOUSE, HEADSET 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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