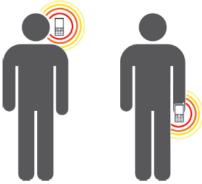


You can limit exposure to Radio-frequency (RF) Energy from your cell phone.





Although studies continue to assess potential health effects of mobile phone use, the World Health Organization has classified RF Energy as a possible carcinogen.

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If you are concerned about potential health effects from cell phone RF Energy, the City of San Francisco recommends:

- Limiting cell phone use by children ¹⁻³
 Developing brains and thinner skulls lead to higher absorption in children.⁴⁻⁸
- Using a headset, speakerphone or text instead ⁹⁻¹¹
 Exposure decreases rapidly with increasing distance from the phone. ^{9,10}
- Using belt clips and purses to keep distance between your phone and body 12-14
 Do not carry on your body to at least meet the distance specified in your phone's user manual. 12-14
- Avoiding cell phones in areas with weak signals (elevators, on transit, etc.) 10
 Using a cell phone in areas of good reception decreases exposure by allowing the phone to transmit at reduced power. 10
- Reducing the number and length of calls ¹⁰
 Turn off your cell phone when not in use. ^{9,10}



Learn More

SF Department of the Environment @ SFEnvironment.org/cellphoneradiation • (415) 355-3700
Federal Communications Commission @ FCC.gov/cgb/consumerfacts/mobilephone.html
World Health Organization @ WHO.int/mediacentre/factsheets/fs193/en/

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