



Sheena Symington, B.Sc., MA
Director

July 7, 2021

Gina Armstrong,
Director of Public Health,
Pittsfield Health Department,
70 Allen Street,
Pittsfield, MA 01201, U.S.A.
garmstrong@cityofpittsfield.org

Re: Pittsfield RF Emissions Study

Dear Gina Armstrong:

Thank you for the opportunity to respond to the report from the monitoring conducted by V-COMM telecommunications Engineers, dated June 15, 2021.

As you know from our presentations on June 2, 2021, there is a segment of the population who are debilitated by radio frequency radiation (RFR) at levels well below FCC guidelines. The primary method of treating this disability (Electromagnetic Sensitivity (EHS)) is to treat the environment - reducing the RFR. If the detrimental RFR exposure is reduced sufficiently, the body has a chance to recover and EHS symptoms will be reduced or even disappear.

As the Board of Health, your job is to assess and address the needs of the Pittsfield community in order to protect and improve the health and quality of life of its residents.

There are individuals within your community who are adversely affected by the current RFR emissions from this tower.

I recommend you have a certified building biologist who is an electromagnetic radiation specialist to measure the radio frequency radiation within the homes of those adversely affected. Those who have Electromagnetic Sensitivity need to sleep in an environment of less than 10 microwatts/m² RFR (<https://safelivingtechnologies.com/content/Education/EMF-Exposure-Guidelines-For-Sleeping-Areas.pdf>).

If this was the type of low RFR exposure that existed prior to the cell tower operation, it should be recreated.

I recommend you support the health of your community members by requesting the location of cell towers be at least 2km away from residences or a distance that ensures the ability to achieve a maximum of 10 microwatts/m² RFR exposure within the bedrooms.

I recommend you trust the physicians and scientists who are documenting adverse health effects of low level RFR exposure, appropriate levels are presented in the V-COMM report from June 15, 2021.

Please insist on the use of the precautionary principle and erring on the side of caution and eliminate RFR exposures for those who are most sensitive and vulnerable.

Please contact me with any questions,

A handwritten signature in black ink, appearing to read "SL Symington". The letters are cursive and somewhat stylized.

Sheena Symington, B.Sc., MA
Director