

10 Tips to Reduce Wireless Radiation

Please include at least 4 of these recommendations in your contest submission



1. Maximize Distance

Hold your cell phone away from the head and body by using speakerphone or with the use of hands-free kits. Whenever possible, minimize talk time and choose to communicate via text messaging rather than making a voice call.



2. Do not talk on the phone or text while driving.

Distracted driving increases the risk of automobile crashes and is illegal in many states. Turn your phone on “Airplane Mode” when you get into your car.



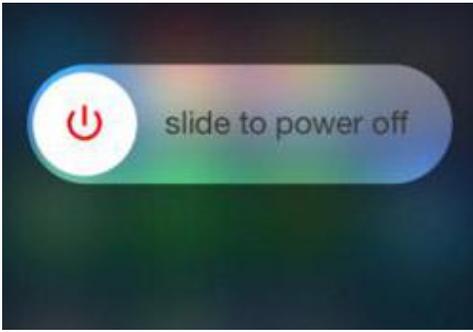
3. Avoid Carrying Your Wireless Device Against Your Body.

Do not carry a powered on phone against the body like in a pocket, sock, or bra. Cell phone manufacturers can't guarantee that the amount of radiation you're absorbing will be at a safe level.



4. Avoid Using Your Cellphone When the Signal is Weak

The weaker your cell signal, the harder your phone has to work and the more radiation it gives off. It's better to wait until you have a stronger signal before using your device.



5. Do Not Sleep With Your Cell Phone Powered On.

Research shows that sleep is disrupted by cell phone radiation. Need an alarm clock? Simply put the phone on “airplane” or “flight” or “off-line” mode, which will stop “wireless” electromagnetic field emissions.



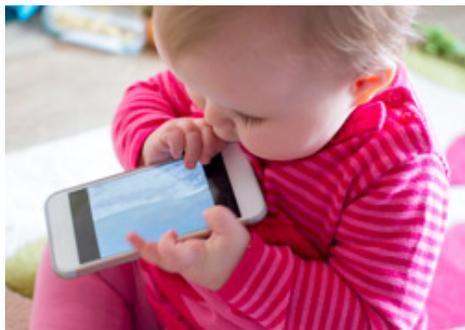
6. Avoid Using Your Cell Phone In Metal Contained Spaces

The metal surroundings in cars, elevators, trains, and buses reflect the waves inside the vehicle, often increasing your radiation exposure. The cell phone works harder to get a signal through metal, so the power level increases.



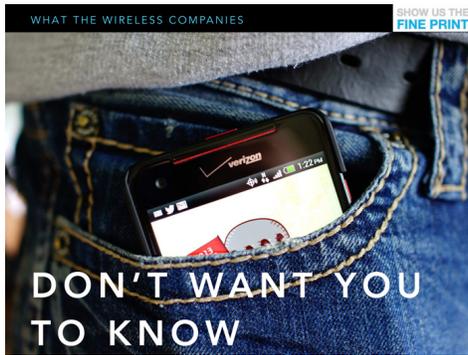
7. Choose Wired

Get a corded landline phone for your home. Cordless phones emit high levels of microwave radiation. Turn off WiFi and use Ethernet cords to connect routers, phones, computers, gaming consoles and other devices.



8. Remember That Cell Phones Are Not Toys or Teething Items.

Children’s skulls are thinner than adults’ and their brains are still developing. Hence, radiation from cell phones penetrates more deeply into their brains and is likely to cause more damage. Children should not use cell phones for calls except for emergencies.



9. Read Your Cell Phone Manual

The federal government recommends that your cell phone must be kept away from your body. Keeping it closer than the designated distance can result in a violation of the FCC Exposure Limit. Learn more about fine print instructions at ShowTheFinePrint.org.



10. Laptops & Tablets do Not Belong on Laps

Laptops and tablets should not be kept on one's lap while in use. Laptops and tablets, like all electronic devices, emit electromagnetic radiation. Radiation exposure can be lowered by placing the laptop on a hard surface like a table or using a corded Ethernet cable.



11. Keep Electrical Devices Away from Your Sleeping Area

Cordless phone base stations, Wi-Fi routers, cell phones and other wireless devices should not be kept near your bedroom. When sleeping, routers can be turned off using a timer to decrease unnecessary exposure during the night.



12. Airplane ON, Bluetooth OFF, Wi-Fi OFF

If you need to carry your phone, or drive with your cell phone in the car, use these settings to turn off antennas and reduce exposure.