



# Protect yourself. ♥

## #PracticeSafeTech

### BE SMART. REDUCE WIRELESS RADIATION.

- Don't sleep with your cell phone or wireless device.
- Prefer phoning in speaker mode or hands-free.
- Avoid carrying a phone near your body—like in pants, pockets or bra.
- Text with phone away from your body.
- Use a corded landline and minimize wireless.
- Switch to airplane mode in cars, elevators, trains, buses, planes. Your device pumps out more radiation in metal surroundings.
- Turn Airplane mode on with Wi-Fi/Bluetooth OFF under settings to eliminate radiation.
- Use laptops, tablets, and all electronic tech away from your body – NOT on your lap.
- Connect to the internet with wired cables & Wi-Fi settings OFF.
- Go corded for mouse, headphones, keyboard, router, speakers, printer, gaming, tv, microphone etc.
- Streaming large files like video and music results in higher radiation exposure.
- 5G and 4G cell antennas will increase your daily dose of radiation. Not to mention, it will also impact the birds, bees and trees. Educate yourself on 5G.

### RESEARCH SHOWS:

Cell phone/W-Fi radiation can damage the **brain**, **sperm**, **your mood**, and **your sleep**, in addition to increasing cancer and **memory problems**.

### MUSIC & VIDEOS:

Instead of streaming, download first, switch to airplane mode then click play **to avoid unnecessary radiation**.

### 100% SAFETY = CORDED CONNECTIONS

### GET INVOLVED:

Your elected officials need to hear from you. Ask for **safe technology** and updated radiation limits that protect the public. You have a **right to know** that cell phones & wireless devices emit radiation.

More at **EHTrust.org** and **healthytechhome.org**