

## Do's

## Don'ts

|                           | Do's  | Don'ts   |
|---------------------------|---|--|
| Cell Phones               | Use a speakerphone or airtube headset.<br>Turn the power off if you need to put a phone in your pocket.<br>Choose a wired phone when you can, especially for long calls.<br>Set Airplane mode ON with WiFi OFF <i>more often</i> .<br>Power off Cell Phones in a car, a bus, train, airplane, elevator. | When using the phone, never touch your head or body with the phone.<br>Don't use a cell phone when the network signal is weak, because then the radiation from the phone is higher.<br>Don't carry a cell phone in your bra. Don't carry a cell phone in any clothing pocket.<br>Don't sleep with a cell phone or tablet or any wireless electronics near your head. |
| Home Phones               | Get a Corded Phone for your home.<br>Keep your landline.<br>Run lines into all the rooms where you need a phone.  | Do not use a cordless home phone. The DECT phone bases constantly emit microwave radiation. Many people have these bases directly beside their beds, and this is a significant source of microwave radiation to be removed from sleep areas.   |
| Printers                  | Use cords to connect to them.<br>If must use a WiFi printer: set the WiFi function to its lowest setting.<br>Purchase a non-WiFi printer.   | Don't place a wireless printer in your office near your workspace. Wireless printers constantly emit microwave radiation and should not be located near our bodies per the manufacturer's instructions.  |
| Tablets and Laptops       | Use Tablets and Laptops with ethernet connections. Set the WiFi to OFF and the Airplane/Flight mode to ON. Download applications so that kids can use the Tablet with the WiFi off.   | Don't use wireless enabled laptops if ethernet is available. Don't use laptops on your lap. Don't forget to turn the wifi connection off when you are not using it.  |
| Internet Routers          | Get Fully Wired (cords/cables) System. Many internet providers allow you to manage the WiFi power signal online and you can simply turn the WiFi off through the internet. Non-wireless modems can be requested and ethernet cords can be used at home.   | Don't leave your WiFi Router on all the time.<br>If you must keep your WiFi router, always power it off at least at bedtime and during the day when it is not in use. If there is no on-off switch, simply unplug it from the electrical outlet.   |
| Mouse                     | Buy a corded computer mouse.  | Don't use a wireless mouse.  |
| Fitness Body-Worn Devices | "Smart" Watches, fitness counter bracelets, WiFi glasses and even wireless diapers are on the market.<br>Do opt for non-wireless devices or devices where the antennae can be turned off.   | Do not wear these devices on your body or your wrist or head.  |
| Game Consoles             | Get gaming consoles and controllers that connect by cords/cables.<br>Limit play time on wireless computer games and unplug the power to the console when not in use.  | Don't use wireless gaming devices. If wired are unavailable, when not playing then power off the base. (Even when you are not using the consoles they emit radiation.)   |
| Other wireless devices.   | Buy devices that connect by cords/cables. If they have wireless capability, be sure you can turn those emission features OFF.<br>Replace digital baby monitors with analogue versions.  | Don't use wireless speakers or any other wireless electronic accessories.<br>Don't use wireless digital baby monitors.   |
| Electronics               | Sleep without nearby electromagnetic field generating devices.<br>Get a battery powered alarm clock.  | Store and use phone chargers, extension cords and electrical devices away from sleeping areas. Sleep in rooms that are not near electricity meters (yours and your neighbors').  |

**The Unwanted Handshake:** Even when you are not actively using a mobile device, when Airplane mode is not on and when WiFi is not set to off, the invisible connection is open and wireless devices like tablets and cell phones continue to emit bursts of microwave radiation (unless the mobile device is powered off). This is called a handshake, for example, a cell phone sends out the microwave signals to tell the cell tower the phone is nearby. The concept is as if the phone is saying to the network, "If anyone wants to call or text me, here's where to send it." When a cell phone is traveling in a vehicle, then the phone also handshakes with each new cell tower it passes saying, "Here I am, glad to meet you, come find me anytime." In the same way, the wireless devices in your home each send a radiation "handshake" to your home router. The only way to stop these radiation emissions is to turn the wireless features OFF.