

How to Reduce Cell Phone Radiation

Cell phones emit radiofrequency (RF) radiation.
Significant research links RF to health effects.
Experts recommend simple steps to reduce exposure.



KEEP A DISTANCE: Avoid using or carrying your device close to your brain and body. Use speakerphone and wired “airtube” headsets.



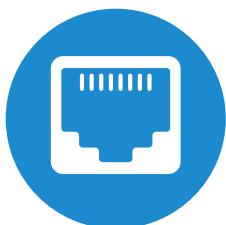
LIMIT TIME: Reduce your daily cell phone and Wi-Fi use. Prefer voice calls on corded phones. Do not sleep with your cell phone.



MANAGE ANTENNAS: Turn on the antennas you need and turn OFF antennas when not in use (i.e. Bluetooth, Wi-Fi, 5G, cellular in settings).



DECREASE POWER: Minimize high power activities like facetimeing and streaming videos, especially when your signal is weak.



PREFER WIRED TECH: Swap out wireless devices for safer, corded tech like ethernet for internet and hardwired phones.

